

CANADIAN PROSTATE

CANCER NETWORK

BRAMPTON CHAPTER



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UsToo! Brampton - April 2007 – Newsletter

Our Next General Meeting will be held on TUESDAY, APRIL 10th at 7:00 PM

Laura Konantz – Fitness For Older Adults

Laura Konantz, Recreation Fitness Programmer at the City of Brampton's South Fletcher's Sportsplex will speak on the benefits of exercise for older adults and the kind of activities that would be best for them. She will explain the programs that the city has to offer and how to get involved.

Laura supervises the group fitness and conditioning room staff at the South Fletcher's fitness centre and is responsible for the fitness programming as well. She has over 7 years of experience in personal training and fitness consulting and has organized many older adult group exercise programs as well as working with many individuals with various physical conditions.

If you have any specific questions for Laura, please contact:

Fred Norris, Chairman, 905-877-8092 or e-mail: fred.norris@ustoo-brampton.com

We look forward to seeing you in Room #2, The Terry Miller Recreation Center, 1295 Williams Parkway at the southwest corner of Williams Parkway & Bramalea Road. Parking is free.

2007 Guest Speakers And Events

Tuesday, May 8th - Dr. Peter Chung (Topic to be announced)

Tuesday, Oct 9th - Dr. Tom Hudson from the Ontario Institute of Cancer Research will talk about genome research.

Mukul Luthra, Speaker Committee, 519-853-4075, or mukul.luthra@ustoo-brampton.com

Last Meeting - March 13, 2007 – Dr. Robert Bristow – Advanced PCa Research

In this informative talk, Dr. Robert Bristow reviewed the state of current and future testing and the direction that research, in the form of the new Legend Program at PMH, is playing in determining the best forms of treatment for different individuals. This research and the development of these new tests may help us understand who is at risk for prostate cancer based on the presence of low oxygen levels in the prostate and faulty cellular DNA repair mechanisms. The ultimate goal of the new Legend Program at Princess Margaret Hospital is to provide the best treatment for a specific patient with minimal side effects.

Dr. Bristow discussed how DNA and chromosomes are damaged by day to day insults and how they are normally repaired by our cells as well as how prostate cancer may develop because of faulty cellular repair which allows for the growth of mutant cells and the development of cancer. He demonstrated the connection between low oxygen levels within the prostate and the accelerated development of prostate cancer.

Dr. Bristow described the development of new therapies that target aggressive repair-deficient cancer cells. He also described how CT scans during radiation treatments help focus treatment directly on the affected areas of the prostate gland. Further research at Princess Margaret has also found a link between hormone therapy and improved radiation therapy results. It seems that Casodex actually helps improve the oxygenation levels of the prostate, making it more responsive to radiation therapy.

Dr. Bristow's talk was both an informative and uplifting look into the world of prostate cancer research. After his talk Dr. Bristow spent some time talking to the group about the new "Crusin For A Cure Canada" event. He was subsequently instrumental in prompting a follow-up meeting with Princess Margaret Hospital staff to determine what level of support they may be able to provide us with and we would like to thank him for both his valuable time and invaluable support in this effort.

A Message From The Chair

Our Relay for Life team will walk this year in the Georgetown event on June 1st and several of us will also participate in the Brampton meet as well on June 22nd. The Relay For Life event supports the Canadian Cancer Society. Contact Jim Dorsey if you are interested in joining the team.

Our Annual Golf Tournament will be held about the middle of June with a firm date to be announced shortly. Peter Barhydt has agreed, once again, to organize the tournament. If you are able to help out with the organization of the event or the recruitment of sponsors & prizes or you would like to enter a team in the event, please contact Peter Barhydt at 905-838-3265, or pbarhydt-arctic@bellnet.ca

Our "Cruisin' for a Cure Canada" event is moving forward and will happen September 2nd at Chinguacousy Park in Brampton. This is a huge undertaking and I'm sure Jim Dorsey could use a few more volunteers to help make it a success. Apart from viewing all the vintage cars we expect to run a free PSA clinic and all the proceeds from this day will be given to research for finding a cure of Prostate Cancer. This is one time where we can say: Join us and do it for Dad! Our many thanks to Jim, John, Gerry & Stew for helping to organize this event.

Fred Norris, Chairman, 905-877-8092, or fred.norris@ustoo-brampton.com

RECENTLY DIAGNOSED? Contact Us Too! Brampton

If you have been recently diagnosed with prostate cancer and would like to talk to someone who has been there, please call ahead and we will arrange to meet you at a convenient time and place. Alternatively, come early to one of our monthly meetings and inform the front desk of your arrival. One of our counselors will welcome you and listen to your concerns. Our monthly meetings are held on the 2nd TUESDAY of each month except July & August but we accept calls all through the year. Family members or friends and supporters are welcome! There is no obligation to join anything. We have been there and we think we can help you deal with this very difficult period in your life. If you would like our support, please call any one of the following to obtain meeting dates and locations:

John Sleath, Awareness Coordinator, 905-456-9943, or john.sleath@ustoo-brampton.com
Sean Butterly, Counseling Associate, 905-454-4237
Fred Norris, Chairman, 905-877-8092, or fred.norris@ustoo-brampton.com

Financial Matters

I am not going to lie about it. The truth is, I was not very bright at school. There are those who might say, "Things haven't changed much in over 50 years, have they". Well, maybe not, but somehow I have managed to survive nonetheless, while a lot of the "know it alls" have since departed this world for the next. It isn't that I have anything to boast about regarding long life expectancy. Nothing in my ancestry suggested that I should survive past 75, in fact quite the opposite. If there is a secret to long life it is well kept, for as we know there are no guarantees whatever you do. I say this because we have all known people to die at an early age, some all too early, and a great many others before they reach the age of 70. I'll be 80 in a few months, God willing. Do I have a secret? Not that I'm aware of, and if I do, I keep it so secret that even "not very bright me" knows about it. However, I believe the answer lies within 3 words - "Everything in Moderation". So.. not being of the type of mind that keeps everything I know to myself, I therefore pass on a few important tips for your interest, that is, if your interested:

- 1) Be active. Play sports if possible. Use your body, or lose it.
- 2) Diet. Cut down on those carbohydrates. Eat more fruit and veggies.
- 3) Get a Hobby. If you don't want to collect stamps or build model airplanes etc, get involved with US TOO!
- 4) Get enough sleep. Don't rush. (Fear of being late for work or an appointment can kill you).
- 5) Health. Most important of course, and very often a certain amount of luck helps to catch potentially lethal problems in time to do something about them. But, here are a couple of the biggest hang ups with men, Awareness, and the lack of determination to get their problems fixed. It is common knowledge among US TOO! members across the nation that an average of 394 men will be diagnosed with PCa every week, and that 83 will die as a result of it, weekly. Also that 1 in 6 men will have PCa in their lifetime. Your goal should be to help change these figures for the better, and, perhaps in time, eradicate PCa. Who knows. But we must try, Nothing gets done if we don't.

COME ON. Join the crusade to stamp it out.

Give a few hours of your time to CRUISIN for a CURE.

Every penny raised will go to further Prostate Cancer Research.

It'll not only help the cause, but it could 'ADD YEARS to YOUR LIFE'. And that's no secret.

Gerry Brunjes, Financial Controller, 905-791- 3043 or gbrunjes@sympatico.ca

Canadian Cancer Society 'RELAY FOR LIFE' - Friday, June 1 to Saturday, June 2, 2007

This year, the Us Too! Brampton Team will take part in the Canadian Cancer Society's Relay for Life in Georgetown at the Gellert Community Centre, located at 10241 8th Line in Georgetown. Registration opens at 6 p.m. on Friday evening; Opening Ceremonies start at 7 p.m. and Closing Ceremonies at 7 a.m. Saturday morning. Even if you are not interested in walking in the Relay, please join us for the Survivors' Reception at 5 p.m. on Friday, stay for the Opening Ceremonies and then take the Survivors' Victory Lap with your fellow survivors. You've earned the right!

Sue Scarfone of the Canadian Cancer Society has also invited all of us to join her for the Reception and Victory Lap at the Brampton Fairgrounds on June 22, even if we have already taken part in the Georgetown event. TWO free meals!

You can also purchase Luminaries for \$5 each to honour someone who has succumbed to Cancer or support someone who continues to fight it. Finally, you can join Tilly Netherton and volunteer to assist with the operation of the Relay for Life. It is very simple to go online and:

- sign up for the Victory Lap,
- join the Us Too! Brampton team,
- add a pledge in support of one of the team members,
- purchase luminaries
- volunteer to help at the event.

Just log on to the Canadian Cancer Society website at <http://www.cancer.ca>, click on 'Ontario', then click on '2007 Relay for Life', choose what you want to do, then under 'Choose a location' select Georgetown. If you then choose to 'Register Online' you will have to create an account on their secure website, but you can opt out of any further contact and you can obtain a receipt online for any pledge over \$10 that you make by credit card. Otherwise you can register 'By mail or fax' or 'By phone.'

As of March 26, we have 12 team members signed up. If you have never walked before but wish to join our team, please don't be shy. Phone, e-mail or see me at a monthly meeting. Your participation will be most welcome. We have a lot of fun throughout the night of the Relay.

Jim Dorsey, Us Too! Brampton Team Captain, 905-453-3038
or jim.dorsey@ustoo-brampton.com

(I will not be at the April meeting as I have to take my wife to Hawaii. I couldn't get out of it!)

Cruisin' for a Cure Canada (CFaCC) Update

In February, we had our first operational meeting with The City of Brampton Parks and Recreation staff at the Curling Rink at Donald M. Gordon Chinguacousy Park. Harvey Newlove, Director of Recreation Facilities & Programs, Gene Duval, Manager of Recreation Facilities and Rob Gasper, Facility Coordinator sat down with John Sleath, Gerry Brunjes, Stew Cornell and myself to discuss the logistics of the event. Their expertise and enthusiasm are greatly appreciated. We came away with a lot of useful information.

My employer, Dan Clements of APOS Systems, Inc. in Cambridge has kindly provided us with a web designer, Rob Drimmie. Rob is very talented and has a personal interest in the project as both his Father and Grandfather are PCa survivors. Rob will take a load off our already overworked Multimedia Director, Mukul Luthra.

Greg Morton of Meguiar's Canada has kindly agreed to supply us with auto care accessories to be included in a "goodie bag" provided to people displaying their vehicles at the event.

Through the efforts of Dr. Rob Bristow and my oncologist, Dr. Juanita Crook, we are very close to obtaining the endorsement of the Princess Margaret Hospital Foundation (PMHF). We are very excited about generating funds for the LEGEND research program that Dr. Bristow described so well at our February meeting.

Mark it on your calendar: First Annual Cruisin' for a Cure Canada at Chinguacousy Park on Saturday, September 1st, 2007. Our thanks again to Mayor Susan Fennell for making this location possible.

CFaCC promises to be a major event for both Us Too! Brampton and The City of Brampton. Because of this one-day event, Prostate Cancer will receive the most visibility that it has ever achieved in our area. And we may even save some lives!

What can you do? A lot. You can volunteer your time and expertise and join our growing committee. You can publicize the event by speaking to people that you meet every day:

- Your car dealer or service garage
- Your Canadian Automobile Club representative
- Your car club or anybody that you know who belongs to a car club
- Your bank or credit union
- Your church or religious centre
- Your Starbucks, Tim Horton's or restaurant manager
- Your urologist or oncologist
- Your men's or women's service club
- Anybody who will stand still long enough

Emphasize the fun factor of this event AND the free PSA blood tests.

Then provide us with the name, address, telephone and e-mail address (if applicable) of your contact and we will provide them with printed information by mail or e-mail. We are of course looking for sponsorships and donors, but we are also seeking professional entertainers and volunteers to work the event, even if they can only be available on September 1.

Please contact Jim Dorsey, Cruisin' for a Cure Canada Coordinator, at (905) 453-3038 or e-mail jim.dorsey@ustoo-brampton.com to sign up for this exciting event.

Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote

Gary Foote - Newsletter Editor

Us Too! - Brampton

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