

# CANADIAN PROSTATE

## CANCER NETWORK

BRAMPTON CHAPTER



Visit our Web Site:

<http://www.ustoo-brampton.com>

### UsToo! Brampton - December 2007 – Newsletter

**Our Next General Meeting will be held on TUESDAY, December 11th at 7:00 PM**

We would like to invite all of our members to our Annual Christmas Social & Pot Luck Dinner. Just kick back, relax, chat, have a buffet meal, listen to light music and make it a fun evening! Our year-end Lucky Draw will be held as usual. It's your opportunity to win great prizes, while making a worthwhile contribution to our cause! Don't forget to bring along your favorite recipe or someone else's for that matter if you can talk them into making it for you!

See you all there on: Tuesday, Dec 11, 2006, 7:00-9:00 PM

If anyone is able to contribute any prizes to our Lucky Draw, please contact Fred Norris. Last minute additions are always welcome, so you can bring something with you if you like.

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.

#### **A Message From The Chair**

2007 was truly a banner year for the group, Awareness events were held on several occasions and this culminated in the Cruisin' For A Cure event in September. Our records show a steady influx of men seeking our help. Our meetings complete with excellent speakers are well attended and the extent of interest is shown by the quality and quantity of the questions asked. The December social evening is perhaps a time to reflect on past seasons and ask ourselves what we can do to get further involved in the running of the group. The only shortage in any volunteer group is of course the volunteers that help keep it running.

Bring food and gifts and let us all enjoy an evening of good cheer.

Fred Norris, Chairman, 905-877-8092 or e-mail: [fred.norris@sympatico.ca](mailto:fred.norris@sympatico.ca)

Last Meeting – Nov 13<sup>th</sup>, 2007

**Conservative Management of Localized Prostate Cancer  
(Includes Active Surveillance Vs. Watchful Waiting)"**

**Dr. Andrew Loblaw**

**Staff Radiation Oncologist, Director of Radiation Oncology Research,  
Sunnybrook Health Sciences Centre**

**In his talk Dr. Andrew Loblaw covered several topics of direct interest to our members:**

- **Understanding the philosophy and outcomes for patients managed with Active Surveillance**
- **Reviewing treatment options for men with localized prostate cancer**
- **Understanding the rationale and opportunity of shorter radiation treatments using higher doses per day (hypo fractionation)**
- **Reviewing salvage therapies in particular androgen deprivation therapy.**

**The feedback from the 50 plus members in attendance was excellent and we are pleased to announce that Dr. Loblaw will make a return visit to see us again in February.**

**2007/2008 Guest Speakers And Events**

**Tuesday, 8 January 2008 - "High-Precision External Beam Radiation & Post-operative Therapy" - Dr. Charles Catton**

**Tuesday, 12 February 2008 - "Timing of Hormones After Treatment Failure & New RT Techniques" - Dr. Andrew Loblaw**

**Mukul Luthra, Speaker Committee, 519-853-4075, or [mukul.luthra@ustoo-brampton.com](mailto:mukul.luthra@ustoo-brampton.com)**

## Financial Matters

On occasion, my Dad could be heard to say, "We are all as different as are our faces". To date, I have not had any reason to doubt his words, though I have known a set of twins here and there who looked very much alike, but never the less were different in their likes and dislikes. There are two sexes, and for the most part one sex can usually be distinguished from the other ... but not 100%, unless that is, you have x ray eyes.

"What am I getting at " you may well ask at this point. Well, here's what I have in mind. In some respects we individuals at US TOO! have a lot in common. We are greatly concerned about our health, a case of group prostate cancer you might say, not just for our personal well being, but for our sons and grandsons and so on, as well as for the rest of the male community.

I have no need to tell you what to do about it, you already know. In a word "Awareness". This brings me to the real point I am trying to make. As a group we have had a successful year. Awareness has been our watchword, and will continue to be in future. The "CRUISIN' for a CURE" campaign in September brought our reason for existence to a head, awareness. It also generated some funds for research as you all know, but at a substantial cost. However, we do not disparage that as we are not in business to make money, but must be careful with what funds we can generate. It is essential therefore that the group get behind the steering committee to assist in helping to raise funds. We need help with the GOLF TOURNAMENT next year, and your support with THEATRE NIGHT in April.

Please think seriously about volunteering some time to help. Also, if you have not forwarded your yearly subscription, it would be very much appreciated if you make the effort. Also, feel free to bring along a small prize for the POT LUCK raffle (and some cash to buy tickets of course). Oh boy. Dad was so right. No two of us are alike.

Gerry Brunjes, Financial Controller, 905-791- 3043 or [gbrunjes@sympatico.ca](mailto:gbrunjes@sympatico.ca)

## Cruisin' for a Cure Canada (CFaCC) Report

It has taken a while to obtain the PSA results from Dr. Stanley Flax as he has been busy moving into his new facility. Here are the numbers:

- Blood was drawn from 136 men, but 5 of them could not supply valid physician information
  - Of the 131 samples that were processed, 17 yielded elevated PSA scores, from 3+ to 28+.
- Hopefully we opened a few eyes on September 1st.

The members of the Steering Committee have approved The Second Annual Cruisin' for a Cure Canada, to be held in September, 2008. The actual date will be September 6 or September 13. We will once again use Chinguacousy Park. We could never find a finer facility than "Ching" or a better group of people to work with than Harvey Newlove, Rob Gasper and all the Ching park staff.

We will apply all the lessons that we learned during the first event. This time, however, we will get the process planned and started much earlier than we did last year. And I will be delegating a lot more of the responsibilities to the very capable individuals who stepped forward last year.

Once again, my thanks to all of the Us Too! members and non-members who helped on September 1st. We will hold our first CfaCC Committee meeting downstairs in the Chinguacousy Curling Club early in the New Year.

I will not be at the December meeting as I am embarking on a three-week job that will take me to Philadelphia, Pittsburgh and Miami. Sandi will join me in Miami for nine days.

Merry Christmas to All and May God Continue to Bless Us, Every One!

Jim Dorsey, Cruisin' for a Cure Canada Coordinator  
(905) 453-3038 or e-mail: [dorseyjf@gmail.com](mailto:dorseyjf@gmail.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](mailto:john.sleath@ustoo-brampton.com)  
Sean Butterly, Counseling Associate, 905-454-4237  
Fred Norris, Chairman, 905-877-8092, or [fred.norris@sympatico.ca](mailto:fred.norris@sympatico.ca)

Regular mail costs us almost a dollar per person per month.  
Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote

Gary Foote - Newsletter Editor

905-458-6650

Us Too! - Brampton

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