

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



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

UsToo! Brampton - June 2007 – Newsletter

Our Next General Meeting will be held on TUESDAY, JUNE 12th at 7:00 PM

**"Opportunities For Prevention & Recurrence of Prostate Cancer:
The Relevance of Dietary Intervention"**

a presentation by: Dr. Vasundara Venkateswaran

**Assistant Professor
Department of Surgery, University of Toronto
Division of Urology, Sunnybrook Health Sciences Centre**

Dr. Venkateswaran's research interest is in the area of Clinical Biochemistry as well as Molecular and cell biology, focusing on the cellular effects of diet, micronutrients and prostate cancer prevention. She has several research papers in reputed journals as well as abstracts and meeting presentations to her credit.

Dr. Vasundara has provided us the following synopsis of her upcoming talk:

"It is estimated that almost 25,000 new cases of prostate cancer will be diagnosed in Canada this year. Prostate cancer is the commonest internal malignancy and the second most frequent cause of cancer death in men.

Although histologically proven prostate cancer is equally prevalent worldwide, there is a 100 fold variation in the incidence and mortality of clinically significant prostate cancer between high- and low-risk regions, implying prostate cancer can be prevented or delayed.

Human and animal studies indicate that certain micronutrients modulate the growth and development of cancer. We have demonstrated that a combination of selenium, vitamin E, and lycopene, effectively inhibits the development of prostate cancer in the transgenic mouse.

We hope to determine the optimal age for micronutrient commencement and the ideal cocktail of micronutrients required to prevent prostate cancer. These studies will be complementary to the SELECT (Selenium Vitamin E Chemoprevention Trial) currently underway in North America. These strategies may ultimately have a more meaningful impact on prostate cancer morbidity and mortality than many of the therapeutic strategies currently employed."

If you have any specific questions for Dr. Vasundara

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, 11 September 2007 - "Brachytherapy" - Dr. Gerard Morton

Tuesday, 9 October 2007 - "Genome Research" - Dr. Tom Hudson

Tuesday, 13 November 2007 - "Conservative Management of Localized Prostate Cancer (Includes Active Surveillance Vs. Watchful Waiting)" - Dr. Andrew Loblaw

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

Last Meeting – May 8th, 2007 – Dr. Peter Chung

Clinical Research in Prostate Cancer Radiotherapy

Dr. Chung discussed a variety of topics related to Radiotherapy including:

- * Clinical research in the past that has lead to our current standards of treatment
- * Controversies in radiotherapy management of the disease
- * How research helps to define new questions that in turn generate more research
- * Why everyone should consider themselves a part of the research community, striving to improve treatment and outcomes in prostate cancer.

In addition Dr. Chung reviewed the clinical research that is ongoing in the radiotherapy department at Princess Margaret Hospital. Radiotherapy continues to evolve and improve due to this ongoing research. The goal ultimately is to have the best treatment result with the minimum of side effects. A combination of simultaneous Cat Scans and highly focused beam radiation work together, to ensure that radiation is accurately delivered to the area affected.

A Message From The Chair

Our Relay For Life event went off successfully in Georgetown with our team raising about \$3000 for the Canadian Cancer Society. Our thanks to all of the participants.

Our annual Golf Tournament is coming up on Monday June 18th at the Acton Golf Course.

The fee this year is a modest \$85 which includes green fee, power cart, prizes and a barbeque luncheon. We could still use a little help recruiting golfers and prizes so feel free to contact Peter Barhydt (905) 838-3265 to register your group and/or offer any help or suggestions.

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

Financial Matters

Today is one of those days. You know what I mean. Nothing seems to go right ... or does it. Simply put, I was out doing my good deed for the day, taking Connie for a blood test at her usual clinic and the waiting situation reared its ugly head. I am not known for my patience in these situations. I hate waiting around in clinics, especially clinics that do not have interesting magazines. Sound about normal to you.

Anyway, after three quarters of an hour time wasted, she revives my shattered nerves by offering me tea and a bun at Tim Horton's, an offer I could not refuse.

Having just downed the last drop of tea, and the honey bun long since devoured, an old work friend of hers appeared with husband in tow.

Grief. Talk, talk, talk. After a half hour of this, I was just about falling asleep, surprisingly in my chair, not under the table. We men suffer mightily to keep the peace. Next, a trip to a store behind the LCBO to get a new plastic table cloth for my lawn furniture. They had sold out.

Although pressed for time now (she has to meet the school bus to rescue her youngest granddaughter) we took off for Wal Mart, still in search of the tablecloth and clips to stop the wind blowing it off. I found a cloth and placemats to match, the bright spot so far in my day. However, no clips after chasing from one department to another, in which various clerks suggested they might be.

After getting out of Wal Mart, driving to where she meets the bus, I mentioned that she seemed to know a great deal of personal stuff about her friend. Yes. They came from Hungary and managed to get out in the 1956 show down with the Soviets. They stripped to swim across the river, (probably the Danube), she could not swim very well but he got her across somehow, and then he returned to bring her clothes, dodging search lights all the way. From Austria they made it to England and eventually to Canada. He was a big well built man in those days, not resembling at all the 130 lb man I just met. His problem now? Cancer.

And I thought I was having a bad day. We've just gotta make cancer history. Support Jim Dorsey. Volunteer a few hours with "Cruisin". He needs your help in spades.

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

Canadian Cancer Society 'RELAY FOR LIFE' - June 1st, 2007

Friday night found our team plus a number of other Us Too! members and their families at the Gellert Centre in Georgetown for the Victory Lap.

This was only the second Relay to be held in Georgetown and the first at the Gellert Centre. This is a beautiful facility with the advantage of indoor plumbing!

There were far fewer walkers and attendees, but the atmosphere was less hectic than is the norm at the Brampton Fairgrounds.

Our team raised about \$3,000 for the Canadian Cancer Society.

My sincere thanks to Ian Clarke, Ken Clarke, Frank Connolly, Sandi Dorsey, Gary Foote, Megan Foote, Julia Foote, Gordon Heinbuch, Mike Loughnan, Mukul Luthra and Denis Paris for their efforts. While only three of us remained at 6 a.m. Saturday, we had a good time as always.

Thanks to those of you who came through at the last minute with on-line pledges to our team.

Jim Dorsey, Relay for Life Captain, (905) 453-3038 or e-mail jim.dorsey@ustoo-brampton.com

Cruisin' for a Cure Canada (CFaCC) Update

We have had a number of operational meetings with the City of Brampton Parks and Recreation staff at the Curling Rink at Donald M. Gordon Chinguacousy Park. Rob Gasper, Facility Coordinator continues to be invaluable to us.

Mike Loughnan has arranged to have CML provide four phlebotomists and perform the free PSA tests. Also through Mike's efforts, Dr. Stanley Flax has agreed to read the test results as he has done for our previous free clinics.

Last week, Bob McKerron (Big Mac your Minister of Music), agreed to serve as our disc jockey. Bob is a former Brampton resident who specializes in providing disc jockey services to car shows. He also has many years of experience organizing car shows.

Darko Despot, General Sales Manager of Gateway Chevrolet, put us in touch with Don Frazer of The Corvette Club of Ontario, who has offered his club's support for CFaCC. Rick Brown and the rest of my friends in the Chrysler Cruiser Club of Western New York have also promised to provide us with some vehicles.

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

Mark it on your calendar: First Annual Cruisin' for a Cure Canada at Chinguacousy Park from 7:30 a.m. to 4 p.m. on Saturday, September 1st, 2007. Our thanks again to Mayor Susan Fennell for making this location possible.

What can you do to help? A lot. You can volunteer your time and expertise and join our growing committee, especially if you are willing to telephone sponsors and others to follow up on targeted mailings. And you can publicize the event by speaking to people that you meet:

- **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 service club**
- **Your church**
- **Your Starbucks or Tim Horton's outlet**
- **Your restaurant manager**
- **Your urologist or oncologist**
- **Your men's or women's service club**
- **Your realtor**
- **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 sponsors and donors, but we are also seeking volunteers to help us organize the event, even if they can only be available on September 1.

My apologies for missing the last meeting of the year, but I have a professional engagement in Philadelphia that I cannot reschedule. Note that our resident graphic artist, Fernando Pacheco, designed the professional-quality flyers that will be made available to you at the meeting. Please pass them out to anybody who you think would like to become a part of CFaCC

Please contact Jim Dorsey, Cruisin' for a Cure Canada Coordinator, at (905) 453-3038 or e-mail jim.dorsey@ustoo-brampton.com to help with the First Annual Cruisin' for a Cure Canada.

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**

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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