

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



Visit our Web Site:

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

UsToo! Brampton - May 2007 – Newsletter

Our Next General Meeting will be held on TUESDAY, MAY 8th at 7:00 PM

"Closing the Loop" - Clinical Research in Prostate Cancer Radiotherapy

a presentation by: Dr. Peter Chung, Assistant Professor, Department of Radiation Oncology, University of Toronto/University Health Network (Princess Margaret Hospital)

The focus of Dr. Chung's talk will be on:

- * Clinical research in the past that has leadour 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 to this, Dr. Chung will focus on what clinical research is on-going in the radiotherapy department at Princess Margaret Hospital.

At his last appearance in Jan 2006, Dr. Peter Chung had presented an excellent talk: 'Surviving Prostate Cancer 10 Years & Beyond'.

That talk, attended by over 80 members, had proved to be very interactive.

We can expect this session to be equally valuable!

If you have any specific questions for Dr. Peter Chung,

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, 12 June 2007 - "Opportunities For Prevention & Recurrence of Prostate Cancer: Relevance of Dietary Intervention" - Dr. Vasundara Venkateswaran

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 – April 10, 2007 – Laura Konantz – Fitness For Older Adults

Laura Konantz, Recreation Fitness Programmer at the City of Brampton's South Fletcher's Sportsplex spoke about the benefits of exercise for older adults and the kind of activities that would be best for them. She explained 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.

A Message From The Chair

This has been a very successful week for the chapter. First and foremost we received the posters that had been ordered to replace our present awareness set-up. Thanks to Mukul's efforts, they exceeded our expectations and at a quarter the cost we were previously quoted. It was definitely worth the wait. We will display them at our next meeting

In recent months we have had difficulty in lining up speakers for our monthly meetings mainly due to the fact that the majority of Doctors are extremely busy but also some do not get the message that has been sent. Mukul's wife suggested producing a standard letter and blanketing a number of specialists in the GTA area. We agreed and a letter was sent by email. Replies came in fast and within 48 hrs our calendar to march 2008 was quickly filled.

My point in telling you this is that suggestions from outside sources can very often unplug our thoughts and show us a new avenue to follow. Your ideas are always welcome.

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

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

Next months meeting brings about the end of our fiscal year. At that time we will examine what we have achieved and that which we could improve upon. Members comments, concerning the latter remark, would be appreciated. Now, strictly speaking from my personal point of view, that is in my life, not much has happened...or has it? Well, for one thing I have grown a year older. For another, I have had a couple of very enjoyable vacations with great friends. I have become a great grandfather, welcomed my daughter back from Australia (as an exchange high school teacher, she was gone for a year), and a whole lot of other minor events made a happy 12 months for me.

Why am I telling you all this? Am I boasting? No, I am just reminiscing. Things could have been vastly different if I had not had a stroke of luck 15 years ago. (No, I didn't win the lottery, it's better than that). I was not diagnosed with PCa then, as it happened I was retiring and wished to retain my company insurance. This meant that I had to have a urine test, which told me there was blood in the urine. Invisible of course, but must be kept an eye on. Five years later I was going down to Princess Margaret Hospital for radiation treatment. Ten years after that, I am still enjoying life.

What helped me? A bit of luck maybe? But in reality, the knowledge and treatment afforded me by the superb medical staff at PMH gave me years of life I might otherwise not have enjoyed. Therefore, I would urge you to support them. Help make "Cruising for a Cure" a success. Give our medics the ammunition they need to fight PCa and win. I don't want my great grandson to have to rely on luck to live to see his retirement and senior years.

And don't forget the Canadian Cancer Society's "Relay For Life" event June 1st

And our other fund raising event, the Annual Golf Tournament June 18th.

All of these events help raise awareness and continue the fight against Prostate Cancer.

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

A reminder that our Relay for Life occurs first of next month!

If you haven't already done so, join the team or pledge a member of our team.

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!

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**

Cruisin' for a Cure Canada (CFaCC) Update

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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