

**CANADIAN PROSTATE  
CANCER NETWORK**

**BRAMPTON CHAPTER**



Visit our Web Site:

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

**UsToo! Brampton - October 2007 – Newsletter**

**Our Next General Meeting will be held on TUESDAY, OCTOBER 9th at 7:00 PM**

**Challenging Multi-Disciplinary Sciences to Impact Cancer**

by Dr. Tom Hudson

Director, Ontario Institute of Cancer Research, Associate Professor and Associate Physician,  
Departments of Medicine and Human Genetics

In his talk Dr. Tom Hudson will cover areas such as:

**Grand Challenges in Cancer Research**

**What is the leading cause of death in Canada in 2007?**

**Launching New Cancer Programs at the Ontario Institute for Cancer Research**

**"Cancer is a disease that can affect any member of our society"**

**"Even if the risk of cancer varies according to environmental or genetic factors, everyone is at risk of developing cancer because the predisposing mutations often occur as naturally occurring errors during normal growth of cells"**

**"Transformation requires a cancer system that can reach every member of our society, irrespective of age, language, education, cultural group, or socioeconomic status"**

**The above points are just a glimpse of what Dr. Hudson will cover in his talk!**

**It is a 'not-to-be-missed' presentation to learn about the latest in cancer research!**

If you have any questions for Dr. Hudson, please contact:

Fred Norris, Chairman, 905-877-8092 or e-mail: [fred.norris@ustoo-brampton.com](mailto: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, 13 November 2007 - "Conservative Management of Localized Prostate Cancer (Includes Active Surveillance Vs. Watchful Waiting)" - Dr. Andrew Loblaw

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"

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

### Last Meeting – September 11th, 2007

“Brachytherapy” by Dr. Gerard Morton

In this informative talk, Dr. Gerard Morton recounted the history of radiation treatment for cancer leading to the development of brachytherapy techniques. He discussed the early approaches to prostate cancer and how many of the issues associated with radiation and brachytherapy had been progressively resolved and side effects minimized. Using detailed graphical images he explained how brachytherapy had been refined over the years through research and by leveraging advances in technology to arrive at its current state-of-the art.

The talk explained permanent and temporary brachytherapy, how it could be combined with external beam radiation, the likely candidates for each type. He also discussed the advantages and disadvantages of both types and their possible side effects. Dr. Morton detailed the precision and science behind 'seeds' and 'implanting' techniques, how the seeds worked and many of the pre and post procedure planning and steps involved to optimize success and minimize side effects. Having covered the procedural details, Dr. Morton went on discussing the effectiveness of the procedure, quality of life post brachytherapy, presented supportive data related to many of the studies and talked about the road ahead for future developments.

Dr. Morton's excellent presentation was readily understood and his sense of humour connected well with the audience. Following his talk, members opened up with an outpouring of questions and concerns. Dr. Morton addressed all of our member's queries in extensive detail making the Q&A session very interesting and educational. Overall, it was an evening enjoyed and appreciated by all and a great opening to the new season.

## A Message From The Chair

Our new season started on Saturday the 1st September, when the awareness program "Crusin' for a Cure" got under way. It was an unqualified success with 136 men taking the PSA test. As such, this was probably our best event yet to help raise awareness about Prostate Cancer. I cannot say enough about all the volunteers that spent their day at the park. The vintage cars attracted a lot of people, all in all a successful start to the season. Our many thanks to Jim Dorsey who organized the event, Mike Loughlin who organized the PSA clinic and to all of the many volunteers. If you have any ideas to help make next year's event an even bigger success, please contact Jim Dorsey with your ideas.

Fred Norris, Chairman, 905-877-8092, or [fred.norris@ustoo-brampton.com](mailto:fred.norris@ustoo-brampton.com)

## Financial Matters

Us Too! Brampton put on a grand "Classic Car" show at Chinguacousy Park on September 1st. The success of it should be measured by the quality of awareness generated and the turn out to the Free PSA Clinic. The help afforded us by the "City of Brampton" at the mayor's insistence, along with a strong turn out of volunteers made the event very successful.

Having offered "Free PSA tests" to males over 40, we had 136 who braved the needle. All car entry fees went to the Princess Margaret Hospital for research into Prostate Cancer. In this way we raised over \$1500 for Princess Margaret. This being our first event of this kind, our expenses did somewhat outpace our income, but a number of donations from individuals and companies such as Chrysler has helped narrow the gap in this area. This was our first go at this type of awareness program, and I believe one of the first in Canada and we have learned a lot. The city of Brampton is expecting it to become an annual event. It will hopefully grow to be a very big event in the next few years and help make Prostate Cancer history.

As I have said, nothing is impossible in this world.  
Therefore, I have come to believe that cancer will be beaten.

Thanks to all the volunteers and thank you Jim Dorsey. Awesome Job.

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

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

We hosted some 62 cars and trucks in Chinguacousy Park on September 1<sup>st</sup>. Fourteen of my PT Cruiser friends turned out. Five of the show cars were from New York State, one driven by a survivor, illustrating that Prostate Cancer knows no borders, nor does the Cruisin' for a Cure movement. The best news of all is that we administered PSA blood tests to 136 men on Saturday! The weather was perfect and we did not encounter any serious problems during the event. Many, many volunteers assisted in the effort and I apologize in advance to any that I forget to mention below. You were all essential parts of the event.

On Friday evening, a crew of volunteers turned up to assemble the “goodie bags” to be handed out to the vehicle exhibitors, set up forms for registration and discuss the procedures to be followed on Saturday.

Fred Norris, Gerry Brunjes, Denis Paris and Mukul Luthra fulfilled a variety of roles, including cash management, photography and dealing with various visitors from the media and other interested groups. Mike Loughnan organized the clinic in the basement of the Curling Club. He was ably assisted by Tillie Netherton and Margaret Butterly on Saturday.

Fernando Pacheco, Gordon Heinbuch, Vic Horvath and Martin Sugden did a great job collecting registration information and fees at the main gate. Bill Smith kindly brought his motor home to serve as a command post.

Inside the curling rink, many volunteers handed out goodie bags, managed the door prizes, sold T-shirts, hats & blue ribbon pins and directed men to the Testing Center. Jean Paris along with her daughter Carol and granddaughter Christina, Vic & Pat Henderson, Marie Foote, Stew Cornell and others shared these duties through the day.

We learned a lot about running a car show with help from both old and new friends. Three couples from New York State provided invaluable advice in the planning stages and worked very hard the day of the event – Rick & Elaine Brown, Max & Debbie Gabriel and Jim & Caroline Winner. The difficult task of parking the exhibitors' vehicles to their owners' satisfaction was performed by Rick Brown, Max Gabriel, Gary Foote, Dick Winter and others.

Our new friend and volunteer Sean O'Neill of Brampton was active in the registration and parking areas, utilizing experience gained while running five major car shows in Welland.

Two other volunteers, who turned out to be God sent, were Vic & Mary Agresti of Newmarket, who contacted us after seeing a mention of our effort on a TV show on the Speed Channel. They brought their gorgeous 1955 Chevrolet convertible, Bella 55, to the show where it was a featured vehicle prominently displayed in the parking lot beside the Curling Club.

Expert Disk Jockey services were provided by Bob McKerron, a former Brampton resident, who unselfishly donated his time and advice to the cause. His music and commentary added greatly to the excitement and atmosphere. Eight vendors were on site, five selling products and services of interest to car hobbyists and three selling food.

CfaCC generated a lot of support from the community and interest from the press. We were visited by the Guardian, EZ Rock 97.3, CFRB 1010, two different car magazines, Rogers Community TV and a national cable television series film crew. One of the car magazines will be doing an article on the event over the winter, setting the stage for the 2<sup>nd</sup> Annual CfaCC.

It is my hope that Us Too! will choose to hold this event again next year. We generated a lot of interest in Prostate Cancer both in Brampton and throughout Southern Ontario and New York State. And if the past free clinics are any indication, about fourteen of the 136 men tested will be advised to seek further diagnosis.

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

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

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