

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



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

UsToo! Brampton - September 2007 – Newsletter

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

“Brachytherapy”

by Dr. Gerard Morton

**Assistant Professor
Department of Radiation Oncology, University of Toronto
Radiation Oncologist, Toronto-Sunnybrook Regional Cancer
Centre and Sunnybrook and Women’s College Health Science Centre**

Dr. Morton will cover the following topics:

- Describe what Brachytherapy is**
- Explain how it's done and who should consider it**
- Describe treatment results and side-effects**
- Outline where we're going**

If you have any specific questions for Dr. Morton

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, 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

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

Last Meeting – June 12th, 2007 - Dr. Vasundara Venkateswaran

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

Dr. Venkateswaran's gave a detailed presentation focusing on the cellular effects of diet, micronutrients and prostate cancer prevention. She demonstrated the huge variation that exists in the occurrence of prostate cancer between high and low risk regions of the world, further indicating that it is likely that prostate cancer can be prevented or delayed.

She revealed that human and animal studies indicate that certain micronutrients modulate the growth and development of cancer. Her research demonstrated that a combination of Selenium, Vitamin E, and Lycopene, effectively inhibits the development of prostate cancer in a strain of mouse that would normally develop Prostate Cancer without the supplements.

Further research hopes to determine the optimal age for micronutrient commencement and the ideal cocktail of micronutrients required to prevent prostate cancer. She pointed to additional research in this area that is studying the effect of Selenium and Vitamin E in conjunction with other treatment methods. These nutrient strategies may ultimately have a very significant impact on prostate cancer prevention and existing treatment protocol.

A Message From The Chair

Welcome back everyone. We are commencing our 14th season and have fully booked the year with speakers for every occasion. Our program 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. 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 and my personal accolades to Jim Dorsey for all his work in organizing the event and to Mike Loughlin for organizing the clinic.

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

Financial Matters

Well. I have come to the conclusion that nothing is impossible in this world. Having been a skeptic about that statement for more years than I can remember, it was not an easy conclusion to come to, that is up till now. In the first place (without giving my age away), I have been privileged to accept "Old age security" pension cheques from the government for exactly fifteen years. My ambition now is to keep them coming for another fifteen. My doctor says that is "quite likely" despite having had a go around with prostate cancer. Awesome.

In the second place I was privileged to be invited by friends to go with them on a five week tour of the USA this summer. If you haven't seen Yellowstone Park, Custer's last stand battle field, old faithful, and the Grand Canyon, then I suggest you make it your ambition. Awesome.

In the third place, your Us Too! group put on a grand "Classic Car" show at Chinguacousy Park . The success of it is to be measured in it's quality of awareness and the turn out to the Free PSA Clinic. Also the amount of help afforded us by the "City of Brampton" at the mayors insistence, along with the turn out of volunteers from our own group. Thank you all. Thank you Jim Dorsey. Awesome.

In the forth place, having offered "Free PSA tests" to males over 40, we had 136 who braved the needle. All car entry donations go to Princess Margaret Hospital for research into Prostate Cancer. As this is our first go at this type of awareness program, and I believe the first in Canada, we have learned a lot. The city is expecting it to be an annual event. It will grow to be a very big event in a few years. Awesome.

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

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

Cruisin' for a Cure Canada Thank You's

Thank you's all around...

A very special thank you to Jim Dorsey for the hard work prior & during the show! It proved to be an excellent show with lots of great comments. Thank you to all the members of Us Too! who attended & worked so hard, to "Money Man" Gerry who was kept busy counting the money, thank you to Mukul for setting up the video's in the clinic & to Murray Laidlaw for handing out booklets & greeting everyone. We thank Tilley & Margaret for sitting in the clinic for almost 7 hours writing up the forms for the PSA testing... we processed almost 135 tests! (Job well done) It was delightful that Fred Norris came as well. It would have been nice to have seen more members out to walk around & view the cars. Thank you to the members who sold the 50/50 tickets, they did a very good job, & thank you to all the wives that came out Friday & Saturday night & worked so hard. All of the Car Club members... thank you for you help.

Yours truly ... Mike Loughnan

Cruisin' for a Cure Canada (CFaCC) Report

We hosted some 62 cars and trucks in Chinguacousy Park on September 1st. 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 day. 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.

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.

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.

Two other volunteers who turned out to be God sends were Vic & Mary Agresti of Newmarket, who contacted us after seeing a brief 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 2nd 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

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

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

Us Too! - Brampton

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