

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



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

UsToo! Brampton – November 2008 – Newsletter

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

“Why is PSA Testing still Important” 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 in response to member requests for more
information on PSA testing, staging, Gleason scores and related areas.**

- 1. What is PSA and why it might it be elevated**
- 2. The relationship between PSA level and the presence of prostate cancer**
- 3. How PSA is used to monitor the effects of various forms of treatment**
- 4. Understanding of some of the challenges with prostate cancer screening**

**At his last session, Sep 2007, Dr. Morton made an excellent presentation to our group on
Brachytherapy. His upcoming session is a 'not-to-be-missed' opportunity to hear him speak
on a topic of great relevance to us all.**

If you have any specific questions for Dr. Morton to address please email them to:

questions@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 as always is free**

Last Meeting – Tuesday, October 14th, 2008

“Management of Urologic Malignancies with Minimally Invasive Techniques”

Dr. Antonio Finelli gave a very informative presentation on Laparoscopic Prostatectomy, Robotic Assisted Prostatectomy and HIFU (High Intensity Focused Ultrasound) techniques. The presentation was integrated with excellent slide and video aids to give the group some excellent insights into three of the least invasive treatments for Prostate Cancer. While slow to get started, the question and answer period provided the group with further clarification of both the benefits and difficulties of introducing these treatments to the general public.

Laparoscopic surgery involves a series of smaller incisions when compared to the more common Open Radical Prostatectomy. This technique provides several benefits including reduced blood loss and transfusion rates as well as reduced recuperation times as compared to open surgery. To perform Laparoscopic Surgery Carbon Dioxide Gas is injected into the abdominal cavity and telescopic instruments are used to perform the surgery. While earlier results were inferior to open surgery, experience and techniques have improved to the point that about 50% of Prostatectomy's were performed Laparoscopically in the U.S. last year.

One of the early complaints some surgeons had with Laparoscopic Surgery was that it took longer and required that the surgeon remain in an awkward position for a considerable length of time. As experience levels increased, the surgical times improved to approach that of open surgery. This was further enhanced by the introduction of Robotic equipment that offered surgeons more degrees of freedom, a binocular 3d virtualization of the operating site and far better ergonomics for the surgeon at the same time during the procedure.

The main downside of Robotic Assisted Surgery is its cost (1.6 Million dollars per unit & high maintenance costs) Some surgeons also find that there is less feel than with conventional instruments. Unfortunately, there is currently no solid infrastructure to train surgeons in its use which further limits the rate at which new surgeons can adopt the new technology.

Dr. Finelli also went on to describe the fairly new treatment known as HIFU. This potentially offers an even less invasive technique where a rectal probe focuses high intensity ultrasound waves to destroy the cancerous tissue within the prostate gland. The technique does not require a General Anesthetic and can be done with the aid of a spinal block. If necessary, the procedure can easily be repeated.

At present, this technique is generally limited to low risk patients and it is not covered by the health system so there is a charge for the procedure. Studies have yet to provide long term comparative results available for Surgery and Radiotherapy. Some of the more common side effects of the procedure are a sense of urgency and urinary frequency. The use of HIFU will likely increase as experience and technique improve and long terms results become available.

" If you would like to review the Audio and Presentation slides from this session, please visit our web-site and click the links provided at: www.ustoo-brampton.com.

2008 Guest Speakers And Events

Tuesday, 11 November 2008 - PSA Testing, Biopsy, Gleason Scoring and Staging

**Dr. Gerard Morton - Radiation Oncologist - Odette Cancer Centre, Sunnybrook Health Sciences Centre. Assistant Professor - University of Toronto.
Head of Brachytherapy program - Sunnybrook.**

**Tuesday, 9 December 2008 – Year-End Social & Pot Luck Supper and Lucky Draw
with Guest speaker Sandy Hawley!**

**Tuesday, 13 January 2009 - A presentation by the 'Wellspring Center'
including The Healing Journey Program organized by Judi Perry Brinkert & Michelle Adamski**

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

Financial Matters

I wish to report that "Cruising for a Cure" this year, was, in my opinion a great success. The hard work put in by all the men and women involved who did the grinding foot work, along with the guidance of the CFaCC committee, and Jim and Sandi Dorsey's determination, it could not fail, despite the weather. Well done Jim and Sandi.

Why do I say it was a great success, despite the fact it cost "US TOO!" somewhat financially?

Our mission is awareness. We had a good turn out by the public, and 202 men received 'Prostate Specific Antigen' tests with 17 results in the suspicious range and 2 highly elevated. It was great to see the local fire department take advantage of our offering, and 88 cars were displayed in spite of the at time threatening weather.

This ultimately resulted in a donation of \$2,500.00 to Princess Margaret Hospital for PCa research. Not earth moving, but at least a thousand dollars more than we raised last year.

Costs are high putting on a show of this nature. Insurance, the Cost of the PSA tests, and ground fees alone exceeded donations by a good margin, but it was well worth it. Our hope is to get bigger and bigger as time goes on. I hope to give the general membership better details of the entire operation in the future, but not all costs have been received to date.

Beyond all this, I wish to urge all individual members of the membership to seriously consider becoming committee members. I have found it very rewarding to put some effort into a worthwhile cause such as ours. God gave me the courage to try to spend some of the extra life he has given me, in a meaningful way, after being stricken with prostate cancer in 1997.

Think about it.

Gerry Brunjes, Financial Controller, 905-791- 3043 or gerry.brunjes@ustoo-brampton.com

Cruisin' For A Cure Canada 2008 Follow-up

Sandi and I have just returned from a six-week road trip. We waded through the last vestiges of Hurricane Ike in Indiana and Chicago on September 15th, two days after Cruisin' for a cure. Flooding was so bad that pizza parlors were not delivering in Chicago. Despite the inauspicious beginning to the trip, the rest of the eight days out to Santa Monica pier featured flawless weather. The top was down except when it was just too hot for us Northerners to endure. We lived the Bobbie Troup song and the movie 'Cars', visiting all the towns listed in the song and seeing all the places and vehicles portrayed in the movie. We'd do it all again next year if we could afford it.

Debbie Baker's 9th Cruisin' for a Cure in Costa Mesa was an amazing experience as always. 3,700 vehicles showed up this year, despite the high gas prices, along with more food and other vendors than ever before. We were made welcome by Debbie and her staff as always and spent the day trying to see all the Southern California "iron" and visiting the various vendors on site.

After the show ended, we spent the next three weeks visiting Sandi's side of the family in California and Oregon, and my side in BC and Alberta. The final week involved long days traversing Alberta, Saskatchewan, Manitoba, North Dakota, Minnesota, Wisconsin and Michigan. Temperatures stayed around 6 Celsius and the rain started at the Saskatchewan border and continued to Duluth, MN.

And now we are attempting to get back to reality, including starting the planning for the 3rd Annual Cruisin' for a Cure Canada. We are tossing around two possible dates, both Sundays – August 30 and September 13.

As mentioned in my previous report, we generated a lot more interest in the event, both in Brampton and beyond. We are going to build on that interest, starting almost immediately. We will vigorously pursue contacts that we created over the summer to generate sponsorship money and attract more vehicles and vendors.

I want to thank all of our members who came out on the day of the event. We could not have succeeded without you and we hope that you will continue to support Cruisin' for a Cure. One thing I want to clarify is the basis for awarding the ten 'First in Service' plaques. Every one of you should have received one, but you might have noticed that they went to people outside Us Too! Brampton. That was the first requirement for the award; the second was an outstanding contribution to either or both of our Cruises. Our intention is that nobody will receive more than one of these awards.

If you volunteered this year, your feedback is requested. We want to make the event a pleasure for everybody. I think that we fulfilled that objective this year, but we want to improve every year, so please give me your opinion.

Jim Dorsey, Cruisin' for a Cure Canada Coordinator ; (905) 453-3038 or e-mail:

jim.dorsey@ustoo-brampton.com

CALL FOR VOUNTEERS

This year as always we are in need of volunteers. This often requires only a few hours of your time a month, but participation is essential to ensure the continued health of the organization. We need people to serve on calling committees to remind members of meetings and to attend and contribute to our monthly Steering Committee Meetings held this month on Wednesday, November 25th 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinquacousy Rd.

If you can commit even a few hours a month please speak to us at the next General Meeting or come out to our next Steering Committee Meeting. You will be more than welcomed and have a chance to further our goal of promoting Prostate Cancer Awareness and Research.

PSA TESTS - 2009

The Liberal Government appears to be renegeing on their promise to provide the PSA test free of charge to all men over 50 in 2009. In its place potential legislation appears to want to only provide free testing to men already diagnosed with Prostate Cancer or considered high risk. We need to keep up the pressure on this government to deliver on men's health issues.

Gary Foote – Newsletter Editor 905-458-6650 or e-mail: gary.foote@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

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. If you already receive your newsletter via e-mail be sure to notify us if your e-mail address changes. Anti-Spam features occasionally stop the newsletter from going thru so if you don't receive it for any reason please notify me and we'll get you a copy somehow.

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