

**CANADIAN PROSTATE
CANCER NETWORK**

BRAMPTON CHAPTER



Visit our Web Site:

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

UsToo! Brampton – October 2008 – Newsletter

Our Next General Meeting will be held on Tuesday, October 14th at 7:00 PM

“Management of Urologic Malignancies with Minimally Invasive Techniques”

**Dr. Antonio (Tony) Finelli MD, MSc, FRCSC
Division of Urology Minimally Invasive Surgery,
Department of Surgical Oncology, Princess Margaret Hospital**

Dr. Finelli's research activities involve initiating clinical trials in renal cancer and prostate cancer, and technology assessment as applied to the introduction of minimally invasive surgery.

Dr. Finelli's additional appointments include Assistant Professor, Departments of Surgery of Oncology, University of Toronto & Staff Surgeon, Surgical Oncology, Division of Urology, University Health Network

Please send any questions for Dr. Tony Finelli to: e-mail: 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, June 10th, 2008

"Erectile Dysfunction"

by Dr. Jack Barkin M.D., F.R.C.S. (C), F.A.C.S., F.I.C.S., D.A.B.U.

Dr. Barkin made a very informative and entertaining presentation to an audience of around 55 members, wives and guests at our season's opening session.

Central to his talk was the subject of 'Erectile Dysfunction' (ED) and what could be done about it. Time and again this topic has proved to be of great interest and importance to our chapter, impacting the quality of life of our members and their partners alike.

Dr. Barkin opened his talk with a brief history of Testosterone and the side effects of its decline in the male ageing process. He defined Erectile Dysfunction, provided ED related facts and figures, its emotional and physical impacts and connection to other health issues such as Diabetes and CardioVascular Disease.

Dr. Barkin then covered the management of ED, detailing the physiology and biochemistry of erection, the use of first line treatments involving PDE5 inhibitors such as Cialis, Viagra and Levitra, how they worked, their usage recommendations and side effects. He went on to discuss many of the alternative treatment options such as injections, pumps and implants.

In the last part of his talk Dr. Barkin discussed the topic of Testosterone Replacement Therapy (TRT), its benefits and role in erectile physiology, diagnostic testosterone testing and TRT therapy options.

We had an excellent Question & Answer session where Dr. Barkin covered not only the questions that had been emailed in but also shared many of those he had been asked by members during the break time.

Dr. Barkin's crisp delivery and wonderful sense of humor connected extremely well with the audience and kept the crowd entertained and attentive throughout.

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, 14 October 2008 - "Management of Urologic Malignancies With Minimally Invasive Techniques" - Dr. Tony Finelli

MD, MSc, FRCSC
Division of Urology Minimally Invasive Surgery,
Department of Surgical Oncology, Princess Margaret Hospital

Tuesday, 11 November 2008 - Topic to be confirmed but will most likely include 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 Pot Luck and Lucky Draw
with Guest speaker Sandy Hawley!**

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 CCfaC 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?

Simply this: Our mission is awareness. We had a good turn out by the public, and 202 men received 'Prostate Specific Antigen' tests. It was great to see the local fire department take advantage of our offering, and 88 cars were displayed.

This presented potentially \$2,200.00 for PCa research. However, your committee decided to add a further \$300.00 from our treasury bringing the total for research to \$2,500.00. 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 in the interests of "AWARENESS" 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.

It is now ten years since I volunteered to help out with looking after the groups treasury for a couple of months, or until another volunteer took over. I am happy to report that such a person has now stepped forward, one that has a better background in financial matters than me. Gary Foote will do the honors as soon as we can get together to conduct the transfer. He will be backed up by Jim Dorsey. I wish these gentlemen good luck in their work, and future group endeavors.

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

Gentlemen's Choice Golf Tournament

In the midst of our preparations for the Crusin' For A Cure Canada event I'm afraid we largely overlooked the generous efforts of Reno and the Gentlemen's Choice from Shoppers World. Reno and his team held a charity golf tournament the week immediately following CfaCC and generously donated the proceeds to UsToo! Brampton as its main recipient. We are very grateful to Reno for all of his hard work in organizing this event. The weather that day was great and a good time was had by all. Hats off to Reno, a great guy and a great barber.

Morris Rambout – UsToo Golf Tournament Chairman

The Mission?

In 1994, Fred Norris and the other founding members started Us Too! Brampton. Their mission was to provide support to newly diagnosed men and their families and to increase awareness of Prostate Cancer in Brampton and area. The intent was to ensure that they did all that they could to prevent any other family going through what they had gone through.

When I attended my New Member meeting in June, 2000, I was made welcome by Fred, Alec Gardiner, Don Grant, Doug Hancock and others. During the first part of that meeting, we new members learned more about the disease that had turned our lives upside down than our doctors had told us. We each then spoke one-on-one with a man who had gone through what we were about to undergo. Doug Hancock prepared me for the details of my radiotherapy, greatly reducing Sandi's and my anxiety.

Over the next few weeks, Sandi & I received frequent supportive phone calls from Fred, from Don and from Doug. After my treatment, Jack Dainton, my Telephone Committee caller, took over, calling me each month to remind me of the Monthly Meeting and to see how I was doing. Along the way, Don Grant, with that pixy grin of his, took over my life by hooking me on the mission as well. But that's another story.

Question: What has happened to that mission? With the exception of the few people who serve on the Steering Committee and the few others that we can draft when needed for large projects, the majority of our members seem content to simply attend the monthly meetings. There are people hurting out there and we aren't finding them or helping them enough when they manage to find us. At least, we are not helping them as much as we longer-term members and our families were helped.

Something vital has gone out of the organization since Don, Alec and Fred died. We need YOU - both men and women – to step up, get actively involved and help us get back on track so we can pursue the mission set for us by those extraordinary men who started Us Too!

Jim Dorsey, 905-453-3038 or e-mail: jim.dorsey@ustoo-brampton.com

Crusin' For A Cure Canada – 2008 Edition

In spite of the weather, which at times threatened rain but fortunately didn't deliver until late in the afternoon, this year's event saw 88 cars and trucks turn out in Chinguacousy Park on Saturday Sept 13th. A large number of PT Cruiser friends and family turned out as well. A number of the show cars were from New York State, 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 202 men on Saturday! Other than the weather, we did not encounter any serious problems during the event. A large number of volunteers, many helping for a second year, assisted in the effort and were all essential parts of the event.

Starting 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.

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.

Sean O'Neill, Fernando Pacheco, Gordon Heinbuch, Vic Horvath and did a great job collecting registration information and fees at the main gate.

Inside the curling rink, Jean Paris and a group of volunteers handed out goodie bags, managed the door prizes, sold T-shirts, hats & blue ribbon pins and directed men to the Testing Center throughout the day.

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 task of parking the exhibitors' vehicles to their owners' satisfaction was performed by Sean O'Neill, his daughter and her girlfriend, Gary Foote, and others.

Bill Stellings of BramCity Transmission operated a hot dog cart, supplying a hot dog and a soft drink to his customers who brought in coupons obtained from his business. BramCity remitted \$3.00 to Princess Margaret for each coupon redeemed during the day. Bill was also a great help bringing a variety of sponsors on board and contributing products to the event.

Expert Disk Jockey services were provided by Bob McKerron, a former Brampton resident, unselfishly donated his time and advice once more to the cause. His music and commentary added greatly to the excitement and atmosphere at the event. A number of vendors were on site, selling products and services of interest to car hobbyists and of course selling food.

It is my hope that UsToo! will continue to be involved with this event and help grow it into something a major sponsor might ultimately run on a larger scale. With a little luck and a lot of effort the event could even become a national one, branching out across the country. We generated a lot of interest in Prostate Cancer both in Brampton and throughout Southern Ontario and New York State. It will be a while until we know how many of the 202 men tested will be referred for further diagnosis, but last year 17 of 136 men showed elevated PSA's.

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, October 29th 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinguacousy Road.

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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