



**CANADIAN
PROSTATE**

CANCER NETWORK

BRAMPTON CHAPTER

Visit our Web Site:

www.ustoo-brampton.com



Us TOO Brampton – June 2009 – Newsletter

Our Next General Meeting will be held on Tuesday, June 9th at 7:00 PM

Our Season's closing Social & Pot Luck Supper with guests from the 'WellSpring Center'

An evening of Caring, Information, Food, Fun, Laughter, Music , Sharing and More!

Don't forget to bring along your favorite recipe for the Pot Luck !

This evening, WellSpring Center representatives will informally provide information about their programs. WellSpring's programs are excellent, comprehensive and available to anyone on a complimentary basis. So if you missed our January 09 session this is an excellent opportunity to find out what WellSpring has to offer.

**If you have any suggestions or questions for the evening,
email them to: questions@u2stoo-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.

Last Meeting – Tuesday, May 12th, 2009

"Radiotherapy for Prostate Cancer: Hypoxia, Hormones and Hope"

by Dr. Michael Milosevic

Dr. Milosevic gave an excellent and very informative presentation this evening to the 50 plus members and guests present. The high tech presentation used graphics, images and embedded video making it easy to understand and very interesting for members.

The presentation discussed various commonalities between different forms of cancer and how research into one form of cancer often leads to treatment directions in another type of cancer. Current research into Prostate Cancer is focused on developing new tests and identifying biomarkers such as areas of hypoxia within the prostate gland. It is hoped that these new tests will help better direct patients to the treatment that will be best for their individual cancer, which may be Surgery, Radiotherapy, Hormone Therapy or Chemotherapy.

At present about 50% of Prostate Cancer patients are treated with Radiotherapy which destroys cancer cells by disrupting their ability to divide and repair themselves. Hypoxia is a particularly interesting new discovery that has a variety of implications. The presence of hypoxic (low oxygen) areas within the prostate seems to reduce the effectiveness of Radiotherapy which requires oxygen to be effective. At the same time cancers with hypoxic regions seem to be more likely to become aggressive and spread. This has led to research involving Hormone Therapy in conjunction with Radiotherapy which seems to increase oxygen levels resulting in more effective treatment.

Cancerous regions of the Prostate Gland also exhibit abnormal growth of blood vessels known as angiogenesis which seems necessary to support cancer cell growth. New drugs are being developed and tested that will inhibit angiogenesis. This approach may soon be another excellent form of treatment specifically aimed at controlling cancer cell growth.

Dr. Milosevic ended his presentation with a plea to patients to take part in research studies. Only by studying patients with specific attributes such as hypoxia and measuring the effects of new treatments can researchers find better and more effective forms of cancer treatment. The talk was followed by one of the most extensive question and answer periods we have had.

Detailed Audio & Slide Content is available on our web-site: www.ustoo-brampton.com

2009-2010 Guest Speakers And Events – See Website For Complete List

Tuesday, June 9th, 2009 - Season's closing Pot Luck and Social with guests from WellSpring

Friday, June 19th 2009 - Saturday 20 June - Relay for Life - Brampton Fairgrounds

Monday, June 22nd, 2009 – UsToo Annual Charity Golf Tournament – Acton Golf Club

Tuesday, Sep 8th, 2009 - Dr. Michelle Flax and Dr. Stanley Flax will open our season with a round of not to be missed presentations!! Topics: To be announced

Sunday, Sep 13th, 2009 – Cruisin' for a Cure Canada – Brampton's Chinquacousy Park

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

Financial Matters

It's at this time of year that we need to get focused as a group to help raise a little money to help with our awareness events. Our basic membership fees and door donations do little more than attempt to cover our rent, newsletter and printing expenses.

With the loss of our annual Theatre Night, the Golf Tournament and Crusin' For A Cure Canada events need all of our assistance to be successful. This year may prove even more challenging with a slow economy and corporate sponsors hard to come by.

Our annual Golf Tournament this year will be held on Monday, June 22nd at the Acton Golf Club. We have opted to keep the entry fee at \$85. for another year which is an excellent value. This includes your Green Fees, Power Cart and Barbeque Luncheon as well as a prize.

As usual we have an acute need for sponsors and small gifts for the event. We try to make sure that everyone goes home with a gift whenever possible. If you or your company could supply a small gift or gift certificate it would be warmly appreciated. If you golf, or know someone who does, invite them out to the event.

We need about 100 or more participants to make the event its usual success.

Also, if you or someone you know can help out, contact myself or Ron Clayton 905-584-2095, e-mail: ronjudyclayton@yahoo.ca

Gary Foote, Financial Controller, 905-458-6650 or gary.foote@ustoo-brampton.com

Relay for Life 2009 Victory Lap, Brampton Fairgrounds, Friday, June 19th

In recent months, our struggle to increase awareness of Prostate Cancer has suffered a number of blows, most notably the release of an apparently flawed U.S. study that questions the benefits of PSA testing. The press and other nay-sayers have had a field day publicizing this. As a result, many organizations have begun to downplay the disease that we all KNOW is a major killer that can be beaten through early detection.

To help offset this problem, we want to make a much bigger splash at Relay for Life this year by putting our own faces to the problem. We'd like to see all of our active members and their supporters come for the free Survivors' Reception and the initial Victory Lap. This is an opportunity to remind the Canadian Cancer Society that we do exist and that Prostate Cancer is not going to go away.

The lighting of the luminaries at sundown continues to be the most moving part of the Relay for Life experience. As always, we will create our Circle of Remembrance, lighting one Luminary in honour of each of our departed members. This year there will unfortunately be ~~31~~ 32 Luminaries in our Circle.

You can purchase your own Luminaries for \$5 each and dedicate them either to the memory of loved ones who have succumbed to any form of cancer or to support others who are currently fighting.

Please see me or Mike Loughnan or Gary Foote or Mukul Luthra or any member of the Steering Committee at the June Monthly Meeting on June 9th to sign up for the Victory Lap and / or to purchase a Luminary.

If you can't attend the meeting, contact:

Jim Dorsey, Relay for Life Team Captain, (905) 453-3038, jim.dorsey@ustoo-brampton.com

3rd Annual Cruisin' for a Cure, Chinguacousy Park, September 13th

The third Cruisin' for a Cure Canada will be held on Sunday, Sept 13th, once again in Brampton's Chinguacousy Park. This year's event is not coming together all that well, due to the state of the economy and to major problems on many other fronts, but it is coming together.

I am in desperate need of a few more individuals to follow up with potential sponsors, stressing the fact that every \$25 donated to the event will (almost) cover the cost of one "free" PSA blood test. We also have to emphasize that this is NOT a Brampton event, it is an event for all Ontario men, any of whom can come to Chinguacousy for a free PSA blood test.

Please remember the PSA test is just one of the two most useful tests currently available to help in the early detection of Prostate Cancer. Men should always be advised to request the other test, the Digital Rectum Exam - to complete the prescreening process. This two-stage annual test can help to fulfill our primary mission of helping other families avoid the misery that our own families have all suffered in the course of our diagnoses and treatment ordeals.

As you all know, the Provincial Government will not be doing much to help reduce the need for our clinic. Therefore it is more important than ever that we continue to provide free PSA blood tests, especially to all the men who have been laid off recently and therefore simply cannot afford to pay for them.

If you can suggest potential corporate sponsors for Cruisin' for a Cure, please contact me directly and we will approach them first by mail and then by telephone. Please do not be afraid to make suggestions, we will not use your name unless you wish us to do so.

Fernando Pacheco has once again exercised his artistry, producing the 2009 Cruisin' for a Cure flyers, which can be picked up at the June Potluck.

Jim Dorsey, Cruisin' for a Cure Coordinator,

Tel: (905) 453-3038, or e-mail: jim.dorsey@ustoo-brampton.com

CALL FOR VOUNTEERS

As always we are in need of volunteers. We need people to serve on calling committees and to attend and contribute to our monthly Steering Committee Meetings held this month on Wed, June 24th - 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.

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! 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 arrange a meeting:

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 of address changes.

Gary Foote - Newsletter Editor

E-Mail: gary.foote@ustoo-brampton.com

Telephone: (905) 458-6650

Alternate: visact@rogers.com