



**CANADIAN
PROSTATE**

CANCER NETWORK

BRAMPTON CHAPTER

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Us TOO Brampton – March 2009 – Newsletter

Our Next General Meeting will be held on Tuesday, March 10th at 7:00 PM

"Integrating Technology for Radiotherapy in Prostate Cancer"

**Dr. Peter Chung, Assistant Professor Department of Radiation Oncology,
University of Toronto/University Health Network (Princess Margaret Hospital)**

The focus of Dr. Chung's talk will be on:

- * Indications when radiotherapy is the appropriate treatment for prostate cancer patients**
- * Evolution of modern day 'state of the art' radiotherapy**
- * Future directions for the integration of new technologies into the radiotherapy field.**

**At his last appearance in May 2007 Dr. Peter Chung had presented
'Closing the Loop - Clinical Research in Prostate Cancer Radiotherapy'**

**And prior to that, in Jan 2006, he had presented 'Surviving Prostate Cancer 10 Years &
Beyond'**

Both of these excellent talks were attended by over 80 members and have proved to be very interactive. We are looking forward to his upcoming talk and you can be assured of a highly informative session!

If you have any specific questions for Dr. Peter Chung,

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, February 10th, 2009

"Sex, Intimacy and Prostate Cancer" by Dr. Andrew G. Matthew, Ph.D., C.Psychology

Dr. Matthew gave a very personal presentation to the 50 or so members and their wives regarding the frequent difficulties couples must confront during Prostate Cancer treatment. After the initial diagnosis of Prostate Cancer, patients and partners are often focused on the primary treatment and recovery from Surgery or Radiation Therapy but with time that focus shifts to the recovery of sexual function and the resumption of normal sexual activity. Dr. Mathew's research and clinical practice focuses on a Bio-Medical and Psycho-Social approach to the treatment of Erectile Dysfunction post Prostate Cancer treatment.

The presentation covered topics like "Why is sex so important", "What problems do patients and couples encounter", "How frequently do problems occur", "What treatments and approaches can yield positive results", "What are normal expectations and timeframes".

Dr. Mathew introduced the Sternberg Triangle concept of a sound relationship. The three foundations of this triangle are defined as Commitment, Intimacy and Passion. After Prostate Cancer treatment, Passion which represents Sexual Activity is initially lost and this can often result in a subsequent loss of Intimacy which can weaken the patient/partner relationship resulting in a state defined by Sternberg as Empty Love. For this reason it is important that couples try to reestablish regular sexual activity.

The presentation noted that 40-75% of men suffer from sexual dysfunction 2-5 years after treatment and that in about 60% of those cases patients and partners experience moderate to severe distress as a result. This occurs in spite of a number of pro-erectile agents including oral medications, injections, vacuum devices and implants that are available.

Dr. Mathew initiated a Research Study into this subject and interviewed both patients and partners to help determine typical problems and possible solutions to ongoing sexual dysfunction. The study uncovered a number of common themes related to the disorder. Men generally have difficulty dealing with the condition and tend to retreat inwardly. This lack of communication with their partner often results in a sense of isolation. This removes the typical social support that one might rely on in other situations. For many couples erectile dysfunction treatment options seem to remove the spontaneity of their sexual relationship. In many cases expectations may be too high leading to performance anxiety when function is slow to return. The study also found a degree of confusion with respect to treatment regimens and potential recovery times leading some couples to give up out of a sense of frustration.

After the study it was decided that a different approach to the problem was required. A clinic was setup at Princess Margaret to provide an educated and thoughtful approach to restoring Sexual Intimacy in couples undergoing Prostate Cancer Therapy. This starts with a pre-operative session with a trained Urologist and Sexual Health Counselor. This begins the process by providing more realistic expectations and a better sense of the potential problems that the couple may experience. Then at regular intervals post surgery, different erectile dysfunction therapies are initiated and evaluated with the patient and partner to determine their effectiveness. This forms the basis of strategies to aid with patient adaptation and the acceptance of change leading to the hopeful resumption of normal sexual activity.

The Audio Files and Picture Gallery are featured on our web-site: www.ustoo-brampton.com

2009 Guest Speakers And Events

**Tuesday, 14 April 2009 - Dr. Rob Bristow - Associate Professor,
Department of Radiation Oncology, Princess Margaret Hospital**

Topic: To be Announced

**Tuesday, 12 May 2009 - Dr. Padraig Warde - Associate Director,
Radiation Medicine Program, Princess Margaret Hospital
and Professor in the Department of Radiation Oncology, University of Toronto**

Topic: To be Announced

We have an exciting line up of speakers and events throughout 2009 !!

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

Financial Matters

The current position of the provincial government is to only provide free PSA tests to those diagnosed with Prostate Cancer and those considered at high risk due to genetic or racial factors. For the majority of the population, it is still an out of pocket expense. To make things worse, some family physicians still seem reluctant to advise their patients to even have the test. While the PSA test is far from perfect, it is still one of the few early indicators of Prostate Cancer and an early diagnosis is still the best aid to treatment and long term survival.

That is where events like "Cruisin' For A Cure Canada" come in, to help raise awareness of both Prostate Cancer and the need for regular PSA testing. UsToo! Brampton funds these tests at the event at a cost of about \$30 per test. If we can't get the Ontario Government to pay for these tests, as they should, then hopefully we can get a few more corporate sponsors to help cover the cost. If you have any ideas to help in this area please contact:

Jim Dorsey, Cruisin' for a Cure Coordinator,

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

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

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

Please consider joining the Us Too! Brampton team at this year's Relay for Life. The Canadian Cancer Society continues to be a good friend to our group. They are always there when we need brochures or publicity for our events. It is important for us to support their efforts against our common enemy.

We want to make a much bigger splash this year, hence the earlier than usual start. We'd like to see all of our active members and their supporters come for the free Survivors' Reception and the initial Victory Lap.

While the Relay for Life is based on walkers staying all night, we have decided to recognize the relatively advanced ages and the infirmities of many of our members by encouraging you to come just for the Reception and Victory Lap. If you want to join the team, we plan on departing with the sun this year. A few of the walkers may choose to stay the night, but the number willing and able to do so has declined every year since we first got involved.

Note that this year there will unfortunately be 31 Luminaries in the circle of candles dedicated to our departed members. You can purchase Luminaries either in memory of loved ones who have succumbed to any form of cancer or in support of somebody still fighting. The lighting of the luminaries at sundown continues to be the most moving part of the experience.

This year, I will be walking for the first time in a few years since the car show that Sandi and I usually help to run in Lewiston, NY has been delayed.

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

Your Steering Committee members have unanimously approved the third Cruisin' for a Cure Canada, to be held once again in Chinguacousy Park. The date will be Sunday, Sept 13th.

We are getting started much earlier this year because we need to obtain more sponsors from the business community to finance the "free" PSA tests. Given the state of the economy, this will be difficult, so we MUST start early.

Note that despite all our best hopes, it appears that 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. Potential major sponsors set their budgets for charitable donations very early each year, so we must plan accordingly. Please do not be afraid to make suggestions. We will not use your name unless you wish us to do so.

Please remember that 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 dreaded DRE or 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.

Jim Dorsey, Cruisin' for a Cure 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, March 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.

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 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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