



PCCN-Brampton Bram-O-Gram

PCCN Brampton News

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INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 3 MOvember
- 4 Expense Subsidization
- 5 Promoting Awareness

"We will once again be participating in the Brampton Santa Clause Parade."

We would like to give a special thanks to Steve Jones and all of the good people at PCC for all of their help since our affiliation. With their help, we have basically eliminated our lab costs for the PSA clinic at our Cruisin' For A Cure 2010 event. They provided a similar free clinic at the Rogers Cup earlier this summer and PCa awareness events have never been more prominent.

We have seen and heard ads by Prostate Cancer Canada on Television and Radio and the Movember Campaign that we are participating in is drawing considerable attention to the cause. With help from sports celebrities like Wendel Clark and Lanny MacDonald they are bringing the message to the people. Not a day goes by that I don't hear something about it on the Fan 590 Sports Station where a number of their personalities are taking part in the Movember Event. Global Television has several of their news people participating in it as well which I saw today.

Our own PCCN Brampton Movember Campaign has been launched and is being organized by Paul Henshall, paul@hslrallysport.ca. If you would like to join or contribute to our team, PCCN Brampton's Blue Knight Crusaders you can at: <http://ca.movember.com/mospace/535494/>

Later this month we will be participating in the annual Brampton Santa Claus Parade. We could use a few volunteers to help decorate the float and possibly walk or ride along if you feel so inclined.

Contact Jim Dorsey if you can help out in any way.

Tel.: (905) 453-3038, Or E-Mail: jim.dorsey@pccnbrampton.com

In other news this month, our Golf Tournament combined with a generous contribution from Gentleman's Choice and the income from our Cruisin' For A Cure event have enabled us to make donations to Wellspring Chinguacousy, Princess Margaret Hospital, Sunnybrook Hospital and Prostate Cancer Canada, all worthwhile allies in the war on Prostate Cancer

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RECENTLY DIAGNOSED?

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 counsellors 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, 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:

Sean Butterly, 905-454-4237 **Morris Rambout**, 905-793-8843

Our Next General Meeting will be held

Tuesday, November 9th at 7:00 PM

Guest Speaker - Elizabeth Stanton.

Peel Area Manager, Ontario Osteoporosis Strategy, Osteoporosis Canada.

Topic: "Osteoporosis, it affects both men and women".

"We look forward to seeing you at our next meeting."

Osteoporosis is a condition most commonly associated with women but many men, particularly those undergoing hormone therapy, are subject to it as well. Elizabeth will be discussing this from both the male and female perspective with solid suggestions on how to combat the condition and minimize its ill effects.

If you have any suggestions or questions for the evening, please email them to: info@pccnbrampton.com

We look forward to seeing you at The Terry Miller Recreation Center, Room #2, 1295 Williams Parkway, southwest corner of Williams Parkway & Bramalea Road.

Last Meeting – Tuesday, October 12th, 2010

Guest Speaker – Daniel Santa Mina

Topic: Exercise and Prostate Cancer. It's time to move!



Daniel gave a spirited and passionate talk to all those who made it to this important session. Daniel directs cancer related exercise programs at Princess Margaret Hospital. As a part of this program they have studied the effects of exercise before, during and after prostate cancer therapies and other cancer therapies as well. Without reservation they have found that exercise can play a huge role in the overall patient treatment and recovery process.

Patients who exercise regularly before, during and after their treatments minimize their side effects and shorten their recovery times. Furthermore, long term studies have also shown improved overall outcomes and survival rates with a large variety of cancers and treatment methodologies. Exercise also promotes a patient's ability to deal with the emotional distress often associated with cancer treatment and provides a mechanism to fight back as it were.

There are very distinct benefits for those undergoing Radiation and Hormone Therapies. These include reduced treatment side effects, improved self esteem and quality of life, reduced osteoporosis complications and reduced fatigue which is often associated with these therapies. All programs are tailored based on the patient's condition and treatment method.

A combination of Aerobic and Resistance exercises are recommended to achieve the maximum benefits. See our web-site for slides and an audio presentation of the talk and for further links to describe the exercise programs available at Princess Margaret Hospital. If you are interested but find the trip downtown a little traumatic, we are also hoping to offer similar programs at WellSpring Chinquacousy for those unable to attend the programs at PMH.



Our Display Booth

MOvember.. What did you say? Not November?

By: Paul Henshall

Like Willy S. said: What's in a name? That which we call a rose by any other name would smell as sweet. (Romeo and Juliet) So the catchy name Movember has propelled this event into a huge annual event in 10 countries. Last year, Canada was number 2 in fund raising at about \$7.8 Million.

Why should we be taking part in this event at PCCN-Brampton? First of all, Movember is one of the nationally organized events of Prostate Cancer Canada. That means that our umbrella organization, PCC, can do so much more to achieve its vision and goal to become a global leader in the fight against prostate cancer and to become the primary prostate cancer support resource for men and their families across Canada.

Movember made possible the recent conference at the Royal York where Jim, Morris, Al and I learned about the tremendous steps being taken in the search for better treatments and ultimately the elimination of prostate cancer. We also met with so many other survivors who have taken on the responsibility of starting and/or running support groups in cities, towns and throughout rural areas in every province.

Movember has fired the imaginations of young men by presenting a challenge that any of them can do, each according to his own follicles. The best part is that each participant has become aware of the disease and the importance of having regular medical checkups. Many have brought fathers to the doctor for a PSA test that otherwise might not have been sought.

Close to 40 years ago, I grew a moustache and beard. The "Mo" lasted until the day I caught a cold. That's when I learned that sanitation for the nation may have started with a clean upper lip. This year, though, for at least one month, I will do it again. A young friend did one as part of the Mercedes corporate team. The unexpected result in his case was how sinister he looked!

So go to our web page at Movember using the link below. You can support the team or an individual or you can join the team as a cultivator! Either way, you and your support group will benefit while getting involved in a fun event for a serious problem.

Visit our [web-site](http://ca.movember.com/mospace/535494/) or:

<http://ca.movember.com/mospace/535494/>

To support PCCN Brampton's

Blue Knight Crusaders contact: Paul Henshall

MOvember Co-coordinator and captain. paul@hslrallysport.ca



*"Early Detection Can
Save your Life."*

Regular Mail Costs about 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 any address changes.

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Subsidization of our Expenses by PCC

By: Jim Dorsey

On October 15, we received the following letter from Rebecca von Goetz, Executive VP, Marketing and Communications, of [Prostate Cancer Canada](#). The body of the letter reads:

“With the assistance of a great team, we tested 241 men at the Cruisin’ For A Cure event in Brampton on September 12, 2010. Through the generosity of GlaxoSmithKline, we were able to confirm for you prior to the day that PCC/GSK would pick up \$6,000 worth of costs from the testing. “We have since received the invoice from LifeLabs. The total cost was \$8,550, approximately \$2,000 more than we had estimated. That being said, we would like you to know that we will absorb the total cost of LifeLabs bill, with no contribution required from PCCN – Brampton. “We were pleased to partner with you for this event and feel it was a great experience for PCC. Together, we helped raise awareness of prostate cancer and encouraged many men to take charge of their prostate health. “We hope this is the first of many more initiatives together.”

We are extremely grateful to PCC for their generosity and we hope that this puts to rest the ridiculous stories circulating to the effect that we were asked to join the Prostate Cancer Canada Network so that our treasury could be looted.

Our experience as Prostate Cancer Canada Network – Brampton has been outstanding to date and we expect that the strength of our relationship will continue to grow to the benefit of everybody. Our mutual goals continue to include increasing public awareness of Prostate Cancer.

CALL FOR VOUNTEERS

As always we are in need of volunteers, more than ever with recent departures. We need people to serve on calling committees and to attend and contribute to our monthly Steering Committee Meetings held on Wednesdays, two weeks after the general meeting at 7:00 PM, upstairs at Wellspring Chinguacousy at the corner of Torbram and Father Tobin 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.

If you would like to speak to one of our members, one on one about your situation Sean Butterly has made himself available during this time frame at Wellspring Chinguacousy.

Promoting Awareness

As part of our continuing efforts to promote Cruisin’ for a Cure as a vehicle for increasing public awareness of Prostate Cancer, Steve Hutton and I attended Performance World in March. This is the first major car show of every ‘cruising season’, held at the International Centre every March. All of us car geeks get together to drool over the best custom vehicles in the area and to see what’s new in car accessories and speed parts. And of course, we meet with lots of our friends and fellow car fanatics.

In the course of our visit, Steve and I approached representatives of every car club that we could find and offered to attend one of their regular meetings to acquaint their members with the dangers of Prostate Cancer and the importance of screening. Sadly, despite many promises, only one group has taken us up on the offer.

On the evening of November 1, I was able to speak to 12 members of the Old Chrysler Car Club (OCC) in Heidelberg, ON. Happily, all but one of these men gets their PSA tests regularly. After a thorough razzing by the rest of the group, that one man WILL be getting his first PSA test this week!

I outlined my own experience during and after my diagnosis, describing in particular how helpful the guys at Us TOO Brampton had been. As I’ve said many times over the years, Fred Norris, Don Grant, Alec Gardiner and especially Doug Hancock, my personal supporter, saved my sanity and Sandi’s by telling me exactly what to expect before, during & after my radiation treatments at Princess Margaret.

ONE of the members revealed that he had undergone a radical prostatectomy six weeks ago. This was news to most of the members and a lively discussion of his experience followed. Diet, vitamin D, exercise, Kegel exercises, incontinence, intimacy and other topics were brought up.

Naturally, the question, “Are PSA tests any good?” came up very quickly. We also talked about rushing to treatment and the necessity for looking at all the available information about alternatives in order to make the best decision.

This man’s biggest regret: Nobody told him what to expect during and after his treatment. He has received many nasty surprises during his recovery. None of his doctors mentioned support groups to him at any time – until his first follow-up appointment this week.

Clearly, we still have lots to do!

By: Jim Dorsey