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INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 General Meeting Update
- 3 Upcoming Meetings
- 4 Upcoming Events
- 5 Promoting Awareness
- 6 What's New in PC

"From all of us here at PCCNB we wish you a Happy New Year."

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PCCN Brampton News

December was a somewhat more peaceful month for Prostate Cancer Canada Network – Brampton as we took time to look back on our accomplishments in 2010. Steve Hutton has put together a video presentation of the 2010 year and has posted it on our web-site – www.pccnbrampton.com

In June we voted to join the Prostate Cancer Canada Network and through our association with Prostate Cancer Canada we have been able to reach more people than ever this year. A brief list of events and accomplishments would include:

Our Annual Charity Golf Tournament

Our Participation At The Annual Walk For Dad Event

Our Participation At The Rogers Cup Tennis Event

Our Annual Cruisin' For A Cure 2010 Event

Our Participation In The Movember Event

Our Participation In The Brampton Santa Claus Parade

From funds raised throughout the year, we made year-end donations to Wellspring Chinguacousy, Princess Margaret Hospital, Sunnybrook Hospital and Prostate Cancer Canada.

We had an excellent slate of speakers addressing issues in Prostate Cancer and our general health including the Benefits of Exercise before during and after Prostate Cancer Treatment and an introduction to Osteoporosis which affects us all with men on Hormone Deprivation Therapy among those significantly at risk.

2011 promises to be another great year and we hope you will be a part of it with us as we continue to partner with PCCN groups across the GTA and across the country to promote the cause.

Gary Foote – Treasurer & Newsletter Editor
Tel: 905-458-6650, E-Mail: gary.foote@pccnbrampton.com

Last Meeting, Tues December 14th 2010

Guest Speaker – Phil Nedham & Mike Etter – Senior Moments Racing



Topic: SM Racing Team and Prostate Cancer Canada Network – Brampton

Phil Nedham and Mike Etter of the Senior Moments Racing Team attended our December Potluck Supper and presented their vehicle and their vision to promote Prostate Cancer Awareness throughout the 2011 Racing Season.

Prostate Cancer Canada Network – Brampton with financial aid from Prostate Cancer Canada will be sponsoring the SM Racing Team's IHRA dragster during the 2011 season.

Plans are to kick our partnership off with an appearance in a booth at Performance World, the GTA's largest indoor custom car show, in March. We will provide information on Prostate Cancer, PCCN – Brampton and Cruisin' for a Cure at this booth. Lapel pins, car magnets and Cruisin' for a Cure T shirts will be available in addition to photos of the public in the dragster. We will provide these same services at each of six race meets to be held at the Cayuga and Grand Bend race parks over the summer.

After the presentation the members sat down to a great meal while viewing an excellent video presentation of the groups accomplishments in 2010 prepared by Steve Hutton.

We had a brief review of the Movember event presented by Paul Henshall which raised over \$1000. in our first year of involvement and over 20 million dollars across Canada. This event has done great things in raising the profile of Prostate Cancer in 2010.

To top off the evening we had our Christmas annual raffle with most members going home with a nice prize as well. Morris Rambout did his usual best in handling the raffle.



Next General Meeting, Tues January 11th 2011

Speaker: Dr. Robert Gatis

**" Naturopathic Medicine and the Mind/Body connection:
How to Help Your Body Heal From Cancer Naturally"**

Dr. Gatis is a registered and practicing Naturopathic Doctor and founder of the company Mind & Body Miracles. Born and raised near Warton, Ontario, Canada, he received his Bachelor of Science Degree from the University of Guelph, Department of Human Biology in 1979. Graduating with distinction from the Canadian College of Naturopathic Medicine in Toronto, Ontario, Canada, he has been in private practice as a Doctor of Naturopathic Medicine since September of 1987.

Robert has also served his profession as a Director of the Ontario Association of Naturopathic Doctors for two years and the provincial regulatory body for Doctors of Naturopathy for eight years. Robert has completed the Robert T. Jaffee, M.D., School of Energy Mastery (two-year program).

Over his time in practice, Robert has developed a keen interest in the multidimensional approach to healing – recognizing that disease is an expression of our inner selves and is meant to be learned from rather than feared. In particular, he is presently exploring the effect of the mind, emotions, belief systems and attitudes on the development of chronic diseases.

“Cancer is a multifaceted disease – with a multi-causal etiology. The regular medical approach concentrates on drugs and techniques to kill and remove the abnormal cells. The Naturopathic approach, on the other hand, assists the body in its own healing – in recognition of the fact that the body has systems in place designed to identify and eliminate these cells that we call cancerous.

In addition to the physical things that we can do to help the body, it is often to the individual’s advantage to reduce the effects of stress – both the stresses of living and the those created at the Subconscious Level (the internal stresses). Dr. Gatis, a Naturopathic Physician, considers these aspects in his practice and is willing to share his expertise with you.”

**We meet at the Terry Miller Recreational Centre in Brampton
Room 2, 1295 Williams Parkway is the location; parking is always free.**



Upcoming PCCN Brampton Meetings:

Tuesday, January 11th, 2011 – Dr. Robert Gatis
"Naturopathic Medicine and the Mind/Body Connection"

Tuesday, February 8th, 2011 – Dr. Richard Casey
"A new procedure for post prostatectomy incontinence"

Tuesday, March 8th, 2011 – Jodi Steele - Wellspring (TBA)
"Importance of Exercise and Cancer"

Tuesday, April 12th, 2011 – Richard Price – Pharmacist (TBA)

Tuesday, May 10th, 2011 – Members Open Mike (TBA)
An evening to share your journey with other members

Tuesday, June 14th, 2011 – Summer Pot Luck Dinner
"Season Wrap Up & Get Together & 50/50 Draw"

Speaker suggestions are always gratefully welcome, please watch our website for complete meeting agendas and updated speaker profiles!

Al Hutton, Speaker Committee:

(905) 274-5394 or Email @ alhutton@sympatico.ca

Please Note: We try as best we can to plan great speakers and topics however we may have to from time to time reschedule the speaker due to unforeseen circumstances.

We will always try and provide as much advance notice as possible when a reschedule occurs.

Website Issues:

Our Website continues to receive minor updates and will continue to be a work in progress. We appreciate all the feedback that we have received to date as it really helps us make it more user friendly, keep the feedback coming folks! If you would like to advertise an upcoming local Prostate Cancer Event please contact:

Steve Hutton – Webmaster/Event Coordinator

(905) 840-7937 or via email: steve.hutton@pccnbrampton.com



[Upcoming PCCN Brampton Events:](#)

Prostate Extreme Team "Sled Ride of Hope", Saturday, Feb 19th 2011
www.prostateextremeteam.com/seld.html

Prostate Extreme Team "ATV Ride of Hope", Saturday June 4th 2011
www.prostateextremeteam.com/atv.html

Motorcycle "Ride for Dad", Saturday June 11, 2011
<http://www.motorcycleridefordad.org/pel/about-us>

PCCN-Brampton "Peel Walk for Dad", Sunday, June 19th 2011
http://www.pccnbrampton.com/2011_walk.htm

PCCN-Brampton "Annual Golf Tournament", Monday, June 27th 2011
http://www.pccnbrampton.com/2011_golf.htm

Cruisin For a Cure Canada, Sunday Sept 11th 2011
<http://www.cruisinforacurecanada.com>

Toronto International Boat Show

At this year's International Boat Show, from January 8th to 16th, 2011, Prostate Cancer Canada will have an information booth. Gary Foote, Al Hutton and Paul Henshall will share schedules with members of other Networks at the Direct Energy Centre to inform and educate men and women about prostate cancer.

North American International Motorcycle Supershow 2011

Motorcycle Ride for Dad will have a booth at the International Centre spectacular January 7, 8 and 9. Paul Henshall will join members of the Peel Regional Police, organizers of the Peel Ride, on the 9th to inform and educate the motorcycle community about prostate cancer, PSA testing and joining the Ride. The Peel Ride is June 11.

Please support Motorcycle Ride for Dad and the battle against prostate cancer
I rode in the Peel Ride this year. Thanks for helping me top \$10 000 in 4 years of Rides!

Paul Henshall



What's New in Prostate Cancer?

Results were announced for a successful Clinical trial recently.

Johnson & Johnson's Ortho Biotech Oncology Research & Development Unit's double blind trial of "Abiraterone Acetate plus Prednisone". The trial was so successful that the trial was "unblinded" and all those on the placebo" were given the "drug". The trial was studying the effect on patients with metastatic advanced PCa, otherwise know as castrate-resistant PCa.

The study involved 1195 patients whose disease had progressed even after treatment of one or two chemotherapy regimens.

Aspirin May Help Patients Beat Prostate Cancer

PCa patients who have been treated with either surgery or radiation, and who took aspirin or other anticoagulant drugs such as warfarin, were less likely to die of cancer, the researchers said. Men with high-risk PCa benefited the most based on a report to be tabled at an American Society for Radiation Oncology meeting, starting next week in San Diego.

Dr Kevin Choe of the U of Texas Southwestern Medical School in Dallas said :
"Evidence has shown that anticoagulants may interfere with cancer growth and spread" and " If the major effect of anticoagulants is preventing metastasis (tumour spread), this may be why previous clinical trials with anticoagulation medications produced mixed results, since most patients in these trials already had metastasis. If the cancer has already metastasized, then anticoagulants may not be as beneficial."

Choe's study consisted of 5,275 men whose cancer had not spread beyond the prostate gland. Those taking aspirin were less likely to have the prostate tumours pop up elsewhere in their bodies and were less likely to die. Choe said *"The benefit was most prominent with aspirin use over other anticoagulants."* and *"Findings from this study are promising. However further studies are necessary before the addition of aspirin to promote PCa therapy becomes standard treatment."* he added.



Why Does This Person Keep Phoning Me Every Month?

This is a long-overdue tribute to a number of unsung heroes, many of whom have served our group almost since its creation back in 1994. The people who have served on The Telephone Committee over the years deserve high praise for their selfless activities on our behalf.

Every month from September through to June, these folks call every one of our members for two reasons. Most immediately, we want you to be aware of the upcoming Monthly Meeting and of the speaker so that you will be sure to attend when the topic interests you. Perhaps more importantly, we want to know how you are doing. If you require any assistance in coping with some new aspect of your disease, we want to know so that we can steer you in the right direction.

Sadly, it appears that many of you really do not understand the function of the Telephone Committee. The mistaken belief in most cases seems to be that we want something from you. Granted, we may occasionally remind you of the annual Subscription fee of \$10, but that is all that we will ever ask you for. Beyond that, our only concern is with YOU, our member, and with your family. So please, accept these calls in the spirit in which they are intended. Your caller is either a man who has had Prostate Cancer or the spouse of a man who has had Prostate Cancer. He or she knows about your situation and what you are enduring and wants to help you cope.

For many years, Stew Cornell has served as the Telephone Coordinator, staying in contact with all of his committee members, allocating new members as they join us and ensuring that calls are made even when one of his committee is not available. He does a remarkable job, month in and month out. The present Telephone Callers are Mildred Clark, Ron Clayton, Jack Dainton, Sandi Dorsey, Helen Gardiner, Rufus Goodland, Herbert Heale, Mike Loughnan, Tilly Netherton, Morris Rambout, Jackie Stoddart and Byron Wynter. Unfortunately, Marion & Ken Macdonald recently stepped down in order to deal with Ken's recent issues with his health and rising PSA level. We miss them and wish them well.

Your Steering Committee thanks each and every one of these steadfast volunteers. Our group would not be as successful as it is without your continued help. Now, while your callers will not ask you for anything, the Steering Committee will: We need two or three new callers, either to take over an existing caller list or to be available as a backup caller when a regular caller is on vacation or otherwise unavailable.

Please consider joining Stew's Telephone Committee. It is a unique opportunity to get know some wonderful people and to contribute to the health of Prostate Cancer Canada Network – Brampton.



[Recently Diagnosed? – Contact PCCN-Brampton](#)

If you would like to speak with someone who has been there, please contact us 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 that you're a new member arrival. One of our counsellors will welcome you and listen to your concerns Sean Butterly has also offered to be available during our Steering Committee Meetings to meet you one on one. Our monthly general meetings are held on the 2nd TUESDAY of each month except July & August, our Steering Committee meetings are held on the last Wed of every month except July & August but we accept calls all throughout the year. Family members, friends and supporters are always welcome!

[Counselling Associates:](#)

Sean Butterly, (905) 454-4237

Morris Rambout, (905) 793-8843

Regular Mail Costs Us about a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact:
Gary Foote 905-458-6650, E-Mail: gary.foote@pccnbrampton.com

If you already receive your newsletter via e-mail, be sure to notify us of any address changes so we can continue to get it out to you.

From all of us here at [Prostate Cancer Canada Network - Brampton](#)
we wish you and your families a very Happy New Year!