



April 2013
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**CHECK OUT
OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

March was a busy month for volunteers as Jim, Steve, Denis, Phil and others manned our booth at the MegaSpeed Car Show at the International Centre in Mississauga. This is a good location to make contacts for our Cruisin' for a Cure event and as always to promote PCa Awareness.

Rocco Rossi, the new CEO of Prostate Cancer Canada, honoured us with his presence at the MegaSpeed Car Show on Saturday, March 23. Under his direction, we expect that PCC will make huge strides in awareness and in funding valuable research into the causes, diagnosis and treatment of Prostate Cancer.

Every day seems to bring news of new discoveries in each of these areas. It is an exciting time to be involved with Prostate Cancer awareness and research!

March also saw Dr Vincent Sinclair visit us on March 12th with his emphasis on inflammation and physical ailments. Basic things like simple sugars and carbohydrates found in white bread, white flour and other processed foods all add to inflammatory conditions that can lead to cardio vascular problems as well as cancers. Red meats we've known for some time to contribute to Prostate, Colon and Breast Cancer and cause similar localized inflammation as well.

There is definitely something to be said for natural whole foods in the maintenance of good health. When it comes down to it a good diet and regular exercise is probably the best single thing that we can do to prevent disease.

Gary Foote / Jim Dorsey – Newsletter Editors

E-Mail: visact@rogers.com / jfdorsey@yahoo.com



Next General Meeting, Tuesday, April 9th, 2013 – 7:00pm

Personal Experiences Night – Share YOUR Prostate Cancer Journey

Both men and their supporters are cordially invited to speak on this special evening. Please contact Jim or Sandi @ 905-453-3038 or email info@pccnbrampton.com to be added to the program.

Paul Henshall has already signed up two men to speak and he describes their situations below.

***Sandy Gray** was my Superintendent of Schools when I was a VP in Bramalea. He elected brachytherapy as his treatment. Recently, an aggressive tumor was detected and he sought our advice and chose to join us due to the quality of the counseling he received. Recently, Sandy had "salvage" surgery performed at Sunnybrook by Dr. Nam. He will discuss his latest journey.*

***Barry Batanoff** was the Assistant Head for Chemistry in the Science department when I taught in at the Woodlands in Mississauga. Barry and I met, after numerous years, at a funeral for a colleague who died of pancreatic cancer after surviving leukemia. After his prostatectomy, Barry suffered through a number of years with incontinence. When we invited Dr. Casey to tell us about his new implant solution to incontinence, I invited Barry to join us for the presentation. BTW, our department head, Ross, also had prostate cancer. So 4 of 10 have been diagnosed, a skewed headcount.*

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

Parking as always is free.

Please forward your questions or suggestions to: info@pccnbrampton.com



Last General Meeting, Tuesday, March 12th, 2013

**Dr. Vincent Sinclair, DC,
"Men's Health & Wellness."**

Dr. Sinclair treated us to a survey of research into men's health issues, returning again and again to his central theme: inflammation is the cause of most of these issues.

He referred to research indicating that the best way to combat inflammation is to be aware of the pH levels of the foods that we consume, seeking to substitute less acidic for the more acidic products that the food industry seems to encourage us to consume.

One of the audience pointed out that the presentation was quite complex and asked if he could obtain the details of the research cited. Dr. Sinclair was scheduled for major surgery soon after the meeting, but he promised to provide us with a presentation that included links to the studies that he referenced.

Dr. Sinclair's presentation will be distributed as an addendum to the Newsletter as soon as it is provided.

Other researchers have pointed to inflammation as a leading contributor to Cardiovascular disease and a variety of cancers. Some of their findings recommend:

Eliminating simple sugars from your diet.

Replacing simple carbohydrates like white bread with whole grain products.

Reducing or eliminating the consumption of red meats.

Increasing the consumption of fruit and vegetables.

Getting regular exercise to stimulate the body's circulation.

Maintaining good levels of vitamin D, a serious problem in northern climates.



Upcoming PCCN Brampton Meetings / Events:

Al Hutton, our Speaker Co-ordinator, has been in and out of hospital again. We wish Al the best in his recovery efforts and we thank him for all of his efforts on our behalf.

Tuesday, April 9th, 2013

Personal Experiences Night – Come and Share YOUR Prostate Cancer Journey with Your Fellow Members

Tuesday, May 14th, 2013

Mr. Rocco Rossi, the New President & Chief Executive Officer of Prostate Cancer Canada and Managing Director of Prostate Cancer Canada Network

Monday, June 10th, 2013

Annual Golf Tournament, Acton Golf Club

Tuesday, June 11th, 2013

Annual June Potluck and Social Evening

Sunday, June 16th, 2013

Father's Day Walk / Run, Chinguacousy Park

Sunday, September 8th, 2013

Cruisin' for a Cure Canada, Powerade Centre

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

**Jim Dorsey, Acting Speaker Committee:
(905) 453-3038 or Email: jfdorsey@yahoo.com**

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

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



[MegaSpeed Car Show Starts Our 2013 Awareness Season](#)

This year, the “eye candy” in our booth consisted of one of **Steve Hutton's** Prostate Extreme Team snowmobiles, a donated snowmobile that will be raffled off at PET's next Sled Ride of Hope, **Phil Nedham's** Senior Moments Motorsport Top Dragster and **Courtney Cisterna's** Parental Nightmare Junior Dragster. Courtney, her crew chief & long-suffering Father **John** and Cousin **Nicholas** added so much to the three days.

Our thanks to all the great volunteers who came out to help us at the International Centre the weekend of March 22 to 24:

- many of our "usual suspects" from PCCN - Brampton & PCCN – Toronto: Steve, Phil, **Denis Paris**, **Paul Henshall**, **Gary Foote** and **Irving Frydman**.
- Our good friends and top-notch schmoozers, **Bob Perkins & Bonnie Hamilton** from the **Ontario PT Cruisers**.
- Snowmobilers **Trina Chruszcz & Alison M. Walker**, who added the **Kelly Shires Angels / Prostate Extreme Team** touch.
- **Danni & Kevin Stockley**, our good friends from the **Chrome Divas Womens' Motorcycle Club** and producers of the **Prostate Cancer Calendar**.
- Special guests **Rocco & Rohnnie Rossi**, **Anne Breakey Hart** and **Tammy Dean** from **Prostate Cancer Canada**.
- Our great friends and partners, **Jody Brock** and the **Pink Slips Women's Car Club**. Their dedication and energy are awe-inspiring. We hope that our side-by-side booths will become a regular feature at MegaSpeed.

Thanks to all the old and new friends that dropped by our booth and picked up information and even prizes. In addition to encouraging passersby to take their photos in one or both of the dragsters on display for a nominal contribution, we implemented a **\$2 Tootsie Pop Draw**. The draw which attracted both young and old who paid \$2 to draw a lollipop for a chance to win a Cruisin' for a Cure or PCC shirt or at least a choice of lapel pin or car magnet. We raised over \$950 and passed out hundreds of flyers.

MegaSpeed 2013 turned out to be our most successful car show ever!

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com

MegaSpeed Car Show Photos



Our 50-foot booth included the Prostate Extreme Team Tent at the far left. Pink Slips booth to the right.



Signage and Parental Nightmare Junior Dragster.



New PCC CEO Rocco Rossi in the Senior Moments Top Dragster



“Doc” Paul Henshall ready to greet the Friday morning crowd,



Lady reaching for a Tootsie Pop Jim Dorsey, Trina Chruszcz Denis Paris, Alison M. Walker. Pink Slips booth to the right.



[Peel Region Father's Day / Walk Run](#)

Our third walk / run will again be held at Chinguacousy Park, with registration starting at 8 a.m. and the walk / run starting at 10 a.m.

Please bear in mind that this event is a major fundraising event for Prostate Cancer Canada. Also remember that we can claim 50% of the funds raised by the Prostate Cancer Canada – Network team to help cover our operating expenses.

To register as a member of our team:

- Go to www.fathersdaywalk.ca
- Click on Peel Region on the map.
- Click on Register if this is your first time, or log on as a Returning Participant.
- Read and accept the participant Waiver.
- Choose Join a Team.
- Choose your registration type – Adult / Child / Youth.
- Search the Prostate Cancer Canada – Brampton team by name or by Captain Paul Henshall's first or last name.
- Follow the instructions.

Contact me if you have any questions on the process.

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com

[2013 PCCN Brampton Golf Tournament](#)

Our annual Golf Tournament is scheduled for Monday, June 10th although that date could change. It was always held in the past on the Monday after Father's Day. Since we got involved with the Father's Day Walk / Run event in support of Prostate Cancer Canada, we committed a lot of volunteers to that day and it was felt that this was a lot of work over two days so we are trying for a week earlier this year.

We tried a week after Father's Day last year but the feedback indicated that many were unable to attend due to family vacations occurring later in June. Hopefully this will be a good compromise and we can keep our attendance at a good level.



We have an extra challenge this year in that we may have lost a couple of members of the golf committee, some due to illness. We could really use 2 or 3 members to help us with the collection of prizes from the local community. If you feel you could spare some time to get involved, please contact a member of the golf committee:

Golf Committee Members:

Ron Clayton, 905-584-2095, ronjudyclayton@yahoo.ca

Morris Rambout, 905-793-8843, mrambout@rogers.com

Gary Foote, 905-458-6650, visact@rogers.com

[Patient Evidence Submissions in Support of Zytiga® \(2\)](#)

You will no doubt recall that last September we participated in efforts to have Zytiga® (abiraterone acetate) approved for reimbursement for use by men whose Prostate Cancer had returned after chemotherapy. These efforts were successful, but now we are approaching the pan-Canadian Oncology Drug Review to have Zytiga® funded for men who have NOT suffered through chemotherapy first.

As described on their website at www.pcodr.ca, “*The pan-Canadian Oncology Drug Review (pCODR) was established by the provincial and territorial Ministries of Health excluding Quebec to assess the clinical evidence and cost effectiveness of new cancer drugs and to use this information to make recommendations to the provinces and territories to guide their drug funding decisions.*”

This process starts with Patient Evidence Submissions from interested parties, including patient advocacy groups. Both Prostate Cancer Canada (PCC) and the Canadian Cancer Survivor Network (CCSN) are preparing Submissions.

These two submissions are not in conflict, and both require your input through separate surveys. The more evidence that is submitted to the pan-Canadian Oncological Drug Review (pCODR) in support of Zytiga® pre-chemotherapy, the better for all concerned! However, the process is time-critical; we have only a limited time to complete the surveys, as noted below.



PCCN Brampton Bram-O-Gram

Canadian Cancer Survivor Network (CCSN) Survey, complete by April 8th:

Can be completed online at <https://www.surveymonkey.com/s/LN7K2BY>

You can obtain a paper survey from:

Jackie Manthorne, President and CEO

Telephone or text: 613-898-1871, E-mail: jmanthorne@survivor.net

You can also complete the survey by telephone. Call:

Mona Forrest, Board of Directors Secretary

Telephone or text: 613-898-1871, E-mail: mforrest@survivor.net

Web site: www.survivor.net

The Prostate Cancer Canada (PCC) Survey, complete by April 11th:

Can be completed at

www.surveymonkey.com/s/ProstateCancerCanadaPatientCaregiverSurveyMarch2013

Or to complete the survey by telephone or to obtain a paper survey contact:

Ada Keon

Manager, PCCN

416-441-2131 x 248 OR 1-888-255-0333 x 248

NOTE: If you require a paper survey, you can also contact:

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com



[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 with 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 on arrival. One of our counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held on the 2nd TUESDAY of each month except July & August at the Terry Miller Recreation Centre.

Steering Committee Meetings are held two weeks plus a day later on a WEDNESDAY in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2. Sean Butterly has offered to be available during these Meetings to meet you one on one at Fortinos if you prefer.

Family members, friends & supporters are always welcome at any of our Meetings!

[Our Hot Line Number:](#) **(289) 752-6316**

Note that we accept phone calls throughout the year.

If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.

[Regular “Snail Mail” Costs Money – Please Consider Email](#)

Regular Printing and Mailing 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 regular mail or e-mail, be sure to notify us of any address changes so we can continue to get it out to you.