

**CANADIAN PROSTATE  
CANCER NETWORK**

**BRAMPTON CHAPTER**



Visit our Web Site:

<http://www.ustoo-brampton.com>

**UsToo! Brampton - November 2007 – Newsletter**

**Our Next General Meeting will be held on TUESDAY, November 13th at 7:00 PM**

**Conservative Management of Localized Prostate Cancer**  
**(Includes Active Surveillance Vs. Watchful Waiting)"**

**Dr. Andrew Loblaw**

**Staff Radiation Oncologist, Director of Radiation Oncology Research,  
Sunnybrook Health Sciences Centre**

**In his talk Dr. Andrew Loblaw will cover several topics of direct interest to our members:**

- **Understanding the philosophy and outcomes for patients managed with Active Surveillance**
- **Reviewing treatment options for men with localized prostate cancer**
- **Understanding the rationale and opportunity of shorter radiation treatments using higher doses per day (hypofractionation)**
- **Reviewing salvage therapies in particular androgen deprivation therapy.**

**If you have any questions for Dr. Hudson, please contact:**

**Fred Norris, Chairman, 905-877-8092 or e-mail: [fred.norris@ustoo-brampton.com](mailto:fred.norris@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 is free.**

Last Meeting – Oct 9<sup>th</sup>, 2007

Challenging Multi-Disciplinary Sciences to Impact Cancer

by Dr. Tom Hudson

Around 50 members, wives and guests attended this very interesting and informative talk by Dr. Thomas Hudson. In his presentation Dr. Hudson covered the subject of Cancer from two different but closely related perspectives.

In the first part he dealt with Genetics - DNA and Genome research. Opening his talk Dr. Hudson presented facts and data pertaining to leading causes of death (and disease) in Canada for both men and women comparing them at different age groups. The data showed that Cancer had overtaken Cardiovascular disease in North America. He talked about genetic research, briefly explaining DNA sequences, data bases and the meaning of 'Genome'- a word derived from 'Genes' and 'Chromosomes'.

There were about 30 thousand genes and currently science understood the function of only about a 3rd of these - the mapping of genes is still at an early stage. The human genome contained some 3 billion codes. There were similarities but also differences between each individual's genomes and in those differences lay the makings of the disease. Through examples he showed how progress had been made in many diseases - certain mutations and DNA changes accounted for increased risk factors and this applied worldwide. The human Genome project had mapped many diseases and the models for predicting disease could be applied in developing therapy and countermeasures.

In the second part of his talk Dr. Hudson provided insights into the grand challenges in cancer research and in developing a multifaceted strategy to impact cancer, one bringing together many different sciences, disciplines and services. He concluded his talk with an overview of OICR (Ontario Institute of Cancer Research) strategic plan and OICR projects touching on areas such as Bio markers for Early diagnosis, the 'One Millimeter Challenge', innovations in clinical trials, translational medicine and health care services etc.

The talk was followed by Questions from the audience with Dr. Hudson providing detailed answers. The session ended on the hopeful note that, through research, a 'Magic Bullet' could one day become available for Prostate (and other) cancers.

We are pleased to offer Audio and Video slide downloads of this session on the web-site.

Dr. Tom Hudson is President and Scientific Director of the Ontario Institute for Cancer Research. He is the Founder and Director of the McGill University and Genome Quebec Innovation Centre and Assistant-Director of the Whitehead/MIT Center for Genome Research. In June 1996 he Founded Montreal Genome Centre at the McGill University Health Centre Research Institute. In 2003, this group expanded to become the McGill University and Genome Quebec Innovation Centre. In 2007, Dr. Hudson was appointed to the rank of Professor (status-only) at the University of Toronto

Dr. Hudson's interests in human genetic diseases focus on the dissection of complex genetic diseases. Dr. Hudson is internationally renowned for his work in Genomics and he is a recipient of numerous awards..

## 2007/2008 Guest Speakers And Events

Tuesday, 8 January 2008 - "High-Precision External Beam Radiation & Post-operative Therapy" - Dr. Charles Catton

Tuesday, 12 February 2008 - "Timing of Hormones After Treatment Failure & New RT Techniques" - Dr. Andrew Loblaw

Mukul Luthra, Speaker Committee, 519-853-4075, or [mukul.luthra@ustoo-brampton.com](mailto:mukul.luthra@ustoo-brampton.com)

## A Message From The Chair

How good does it feel to help out other sufferers of this disease. I'd say that, we at UsToo! Brampton, feel pretty good. Recently we received an email from a Windsor, Ontario support group requesting the use of our talks that Mukul had recorded since they had difficulty in getting Doctors to attend there meetings.

With two major cancer hospitals in this region we have been fortunate in getting doctors to attend our meetings given sufficient time to arrange their schedule.

We responded to their request by sending the last four discs pronto and have followed with three more. We hope they are able to attract more people to their meetings and impart further information to the entire group by listening to the talks.

These discs are available to any member should they wish to review a specific meeting.

Fred Norris, Chairman, 905-877-8092, or [fred.norris@ustoo-brampton.com](mailto:fred.norris@ustoo-brampton.com)

## Financial Matters

I have said, (because I believe it), "Cruisin' for a Cure Canada" was successful in a number of ways. To start with, US TOO! is in existence to create awareness in the community. This is achieved by showing the community who we are and what we do, presenting our knowledge, information, and council where needed. At the same time, we demonstrated through our membership and survival rates that this cancer can be beaten, which helps take the fear out of being diagnosed with prostate cancer. The presence of a large number of survivors can be a great moral booster.

The second thought I have is that our group has learned a great deal. We knew at the start that we were on a learning curve, and learn we did. As you know, this is our first attempt at this, and 136 men took the free PSA test we offered. This was a very good start in my opinion.

A third thought I have is the contribution to PCa research we were able to make. Though not earth moving in size, it will grow substantially in the future.

And the forth thought I have is one of a personal nature really. I love old cars. They bring back a lot of great memories. Here is a costing of the event.

The total income raised was \$5275.00 and the total costs were \$11,626.63. This net loss was elevated due to the cost of insurance, the personal PSA tests along with the cost of the phlebotomists and some duty issues importing some of our tee shirts hats and such.

The sum raised for Princess Margaret Research was \$1,530.00.  
We received a great thank you letter from Princess Margaret by the way.  
All in all a great start and something we can definitely build on next year.

Gerry Brunjes, Financial Controller, 905-791- 3043 or [gbrunjes@sympatico.ca](mailto:gbrunjes@sympatico.ca)

### Cruisin' for a Cure Canada (CFaCC) Report

Jim Dorsey has some additional news on the Crusin' For A cure Event both here and in California where it has become well established. Due to his travel schedule and a wandering Palm Pilot that information will appear in our December Newsletter.

Jim Dorsey, Cruisin' for a Cure Canada Coordinator  
(905) 453-3038 or e-mail [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com)

### 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! There is no obligation to join anything. 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 obtain meeting dates and locations:

John Sleath, Awareness Coordinator, 905-456-9943, or [john.sleath@ustoo-brampton.com](mailto:john.sleath@ustoo-brampton.com)  
Sean Butterly, Counseling Associate, 905-454-4237  
Fred Norris, Chairman, 905-877-8092, or [fred.norris@ustoo-brampton.com](mailto:fred.norris@ustoo-brampton.com)

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

Gary Foote - Newsletter Editor

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