

PROSTATE CANCER CANADA - NEWMARKET

Volume 15, Issue 1,

September 15th, 2010

**A support group that provides understanding,
hope and information to prostate cancer patients and their families**

Welcome back from a terrific summer weather wise to our first meeting of the fall. We've really got a great one for you this meeting. Our guest speaker for the September 16th meeting will be Robert Gatis, Doctor of Naturopathy. Dr. Gatis spoke to our group several years ago and those of us who were at that meeting will remember that we learned more about our bodies in that one night then we had picked up in all the past years of our lives. Dr. Gatis showed us what we're getting and not getting in our foods. He pointed out how our bodies tell us what we need to do to maintain better health. If you want to learn how naturopathic treatment can help you deal with your cancer, or any other illness for that matter, come out on the sixteenth and hear Dr. Gatis. But, be prepared for a lot of questions from our members. The last time he spoke to us we had to cut the questions off after over an hour and a half. There's more information on Dr. Gatis and Naturopathic care in the next page.

Meeting Date: September 16th, 2010

**Place: Newmarket Seniors Meeting Place,
474 Davis Drive, Newmarket**

Time: 7:00 pm to 9:00 pm

Speaker: Robert L. Gatis, Naturopathic Doctor

Subject: Helping your body to heal itself.

Prostate Cancer Canada - Newmarket

Newmarket, Ontario. 905-830-0447

www.newmarketprostatecancer.com

a member of the



Assisted by the Canadian Cancer Society

Holland River Unit

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The Newmarket Prostate Cancer Support Group does not recommend products, treatment modalities, medications, or physicians. All information is, however, freely shared.

A quote from Dr. Robert Gatis

“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.”

BIOGRAPHY

Robert L. Gatis, B.Sc., N.D., C.M.H.

Doctor of Naturopathic Medicine & Certified Medical Hypnotherapist (U.S.A.)

Robert 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). He is registered by the National Guild of Hypnotists (U.S.A.) as a Certified Hypnotherapist, is a member of the International Association of Counselors and Therapists (U.S.A.) and is recognized by the National Board for Hypnotherapy and Hypnotic Anaesthesiology as a Certified Medical Hypnotherapist (U.S.A.)

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.

Recently, Dr. Gatis has completed the training as a Certified FirstLine Therapy Health Provider and is pleased to offer this as part of his service and as of October 2008 is recognized by the International Association of Counselors and Therapists (IACT) as Certified Master Trainer for Hypnotherapists.

An accomplished speaker, Robert periodically conducts public seminars and workshops as well as consulting in the business sector.

After spending a month in Newfoundland, I just had to include this in our newsletter

A Newfie walked into a bank in Toronto and asked for the loans officer. He told the loans officer that he was going to Newfoundland on business for two weeks and needed to borrow \$5,000, however he was not a depositor of the bank. The bank officer told him that the bank would need some form of security for the loan, so the Newfie handed over the keys to a new Ferrari. The car was parked on the street in front of the bank. The Newfie produced the title and everything checked out. The loan officer agreed to hold the car as collateral for the loan and apologized for having to charge 12% interest.

Later, the bank’s president and its officers all enjoyed a good laugh at the Newfie for using a \$250,000 Ferrari as collateral for a \$5,000 loan. An employee of the bank then drove the Ferrari into the bank’s underground garage and parked it. Two weeks later, the Newfie returned, repaid the \$5,000 and the interest of \$23.07. The loan officer said, ‘Sir, we are very happy to have had your business, and this transaction has worked out very nicely, but we are a little puzzled. While you were away, we checked you out and found that you are a multimillionaire. What puzzles us is, why would you bother to borrow \$5,000?’

The Newfie replied: ‘Where else in Toronto can I park my car for two weeks for only \$23.07 and expect it to be there when I return?’

Ah, Newfies..... See! Salt Beef is good for the brain

Fat Cells: Storage Bins for Excess Calories

Did you know that if you consume more calories than you expend, those extra calories will be stored primarily as fat regardless of whether the extra calories come from fats, carbohydrates, or proteins? In this Health Alert Johns Hopkins experts explain the dangers of fat cell secretions.

It used to be thought that fat cells — known as adipocytes in medical terminology — were just storage bins for excess calories. Today, however, it is clear that adipocytes are very active cells that produce and secrete a wide variety of substances that play a key role in regulating body weight. And we now know that health problems can arise when these cells begin to secrete too much or too little of these substances.

You are born with a set number of fat cells. If you eat more calories than your body needs, your fat cells stretch to store these extra calories as triglycerides. You may even gain new fat cells when the cells have enlarged to their maximum size. Once created, however, fat cells remain in your body forever; they may shrink in size when you lose weight, but they never go away — unless they are removed by surgery or liposuction.

Fat cells normally produce a variety of substances that influence your body weight, how many calories you eat, and how those calories are used as a source of energy. This is an active area of investigation, and researchers have recently identified a long list of these substances — with unwieldy scientific names such as leptin, interleukin-6, tumor necrosis factor alpha, angiotensinogen, adiponectin, and resistin.

When you have enlarged fat cells or too many fat cells because you are overweight, many of these substances are released into the bloodstream at higher levels than normal. Over time, excessive amounts of the substances begin to damage blood vessels and tissues and impair blood flow, resulting in health problems such as diabetes, high blood pressure, liver disease, cardiovascular disease, and certain types of cancer.

Take Away Advice: Is there anything you can do to normalize the secretions from your fat cells? Yes, and losing weight is your best option. Weight loss shrinks fat cells back to their usual size, normalizes their secretions, and can reverse or prevent many of the health conditions associated with obesity.

Some experts predict that doctors may one day be able to analyze your genetic make-up along with the products of your fat cells to see which compounds you're over- or under-secreting, and design an individualized dietary plan to counter the adverse effects of abnormal levels of specific secretions. For some, that plan may involve a carbohydrate-rich diet; for others, a higher protein or healthy fat regimen. Until then, the usual diet and exercise plan is the best route to shedding pounds.

In this excerpt from an in-depth report on *Vitamin D and Prostate Cancer* from our *Prostate Bulletin*, Dr. Tomasz M. Beer answers the question, “How does vitamin D affect the prostate?”

Vitamin D is the only vitamin that's also a hormone, the only vitamin that under ideal circumstances you wouldn't have to get from food or supplements. Your body manufactures vitamin D when your skin is exposed to the sun.

A growing body of evidence suggests that vitamin D isn't beneficial only for bone health. It also may reduce the risk of certain cancers — including cancers of the prostate, colon, breast, and ovaries — and help prevent or even treat osteoarthritis, rheumatoid arthritis, and multiple sclerosis.

Vitamin D has both of the key mechanisms we look for in anti-cancer compounds. In our laboratory research, vitamin D has been shown to induce significant growth arrest of prostate cancer cells and to promote their death, which is called apoptosis.

While no animal studies I am aware of show complete cure of prostate cancer with vitamin D therapy, demonstrations of significant delay in cancer cell growth, delay in the progression of tumors, and prolonged survival in animals undergoing vitamin D treatment have all been completed and confirmed. This work has described the potential of vitamin D in prostate cancer therapy.

How much do you know about Vitamin D? Take this short quiz and see how much you know about the “sunshine vitamin.”

True or false?:

- 1 The latitude you live in can make you deficient in vitamin D.
- 2 Cod liver oil is the best source of vitamin D.
- 3 Yogurt and cottage cheese are good vitamin D sources.

Answers:

- 1 **True.** In the northern U.S. and Canada, there isn't enough sunlight in the winter months to stimulate human skin to manufacture vitamin D.
- 2 **False.** Certainly very high in vitamin D, but poses health problems because it may contain contaminants.
- 3 **False.** Yogurt and cottage cheese have no vitamin D. They are not made from fortified milk.

The following summarizes the changes to the constitution and by-laws of the Canadian Prostate Cancer Support Group, Newmarket, Ontario which was originally approved May, 1998. We will be presenting these changes at the September 16 meeting. Copies of the Constitution will be available for your information.

Original Document May 1998

Proposed New Document June 2010

Canadian Prostate Cancer Support Group, Newmarket, Ontario

CHANGE- The name of the support group is to be formally changed to Prostate Cancer Canada Network – Newmarket.

ADD- the geographic arrears served by Prostate Cancer Canada Network – Newmarket, located in Newmarket, Ontario and “serving the communities of Holland Landing, Keswick, Bradford, Richmond Hill, Aurora, Schomberg, Sutton, Bond Head and surrounding areas.

The Canadian Prostate Cancer Network will be referred to as C.P.C.N.

CHANGE- Prostate Cancer Canada Network will be referred to as P.C.C.N. (which was formerly the Canadian Prostate Cancer Network- C.P.C.N.

ADD- Under Article IV, “Financial Guidelines”, add a section 4 on signing authorities- cheques require 2 of 4 authorized signing officers.

CHANGE- All references to Chairmen in the Constitution changed to Chairperson

ADD- In Article VI “Executive Committee- Section 1, # 10” define what represents a quorum for executive committee meetings.

ADD- In Article VII “Prostate Group Meetings”, add an entire new section outlining the Privacy policy for the Group.

ADD- In Article VIII Section 1, add a clear definition of terms of service for the various executive committee positions

ADD- In Article X “Amendments (to the constitution), add a section 4 which provides further detail as to source of changes to constitution and how they are to be voted upon and ratified..



Cottage Dreams is a program that loans a private, donated cottage to a recent cancer survivor after completing recovery when the owner is in the city working. The Sunday to Friday week is free and is designed to give the network of family and friends who were there for the survivor and now they have the time and place to celebrate recovery. The program is for Ontario residents who are out of treatment up to 18 months, any age, any cancer.

Good Morning,

I am writing to introduce an opportunity to participate the *Cottage Dreams* program from cancer survivors. It is free and this summer/fall is going to be beautiful. We would appreciate you sending our message to your prostate cancer network in case there is someone who is interested in visiting a cottage in 2010 to celebrate recovery. Since 2003, thousands of survivors, family and friends have!

Please do not hesitate to contact me with any questions and the [website](http://www.cottagedreams.org) is chock full of information. We currently have weeks available for September to December.

All the best,

Seana O’Neill Founder & President
Cottage Dreams Cancer Recovery Initiative

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