

Simcoe Muskoka
Regional Cancer Program



Royal Victoria
Regional Health Centre

Cancer Care Ontario
Action Cancer Ontario

The Team

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SIMCOE MUSKOKA REGIONAL CANCER PROGRAM e-newsletter

Message From the RVP



This year has seen some great successes in the Simcoe Muskoka Regional Cancer Program (SMRCP) with the opening of the new Cancer Centre located at RVH. It is now time to work together with all of our partners to develop a regional plan for improved cancer care, to establish a regional support structure and to execute a series of important cancer care improvement initiatives.

In November, the SMRCP will be launching a regional planning process with its partners to kick off the development of the SMRCP's first regional cancer plan. This plan, which will be completed by Summer 2013, will provide a three-year strategy on how we can improve the high standard of cancer care from prevention to end-of-life and survivorship which our region already provides, and become a recognized leader in the provision of seamless, high-quality, patient and family centered cancer care in Ontario.

Together we will develop a vision for the program, collaborative goals and objectives with actions. There will be a structured and complete approach to cancer care improvement with deliverables and timelines that make us clearly accountable for performance at both the systemic and organizational level.

The SMRCP Plan will become a key vehicle for implementing the Ontario Cancer Plan (OCP) at a regional level, through the direct alignment with the OCP III and will reflect our shared strategic priorities for cancer care in our province.

Our Plan will be the product of extensive consultations with our community and important cancer stakeholders across the Simcoe Muskoka region. It will address both the regional performance data provided by Cancer Care Ontario and the needs of cancer service organizations, health-care providers and patients and their families.

I look forward to working with all of our regional partners to establish a cancer system that truly meets the needs of the patients and families we serve.

Lindsey Crawford
Regional Vice President

Temporary Radiation Treatment Unit Treats its Last Patient

What started out as an wild idea turned into a great innovation for RVH and the patient and families in North Simcoe Muskoka. The temporary radiation treatment unit, often referred to as *"the bunker"* treated the last patient on August 30, 2012 at 9:00 am.

Opening on April 1, 2008 - this concept brought radiation therapy home for thousands of people in our LHIN. A partnership between Odette Cancer Center (OCC) and RVH, this innovation allowed the Simcoe Muskoka Cancer Program to consult on 2,605 cancer patients. This translated into 2,748 treated cases and more than 27,462 total radiation treatment visits. The journey for treatment was made significantly shorter as people were able to get treatment close to home. Long travel time was avoided, allowing more time with friends and families. Financial travel impacts were minimized and some people could continue to work while receiving their radiation treatment.

In a few weeks, the Linear Accelerator will be taken out of service and prepared for transport to Peterborough to bring care close to home for residents of the Kawartha's as part of a partnership with Lakeridge/ Durham Regional Cancer Center.

There are many leaders who helped to make this happen...at RVH, CCO, Odette Cancer Centre. For their courage and commitment, thank you. This is an example of putting patient first, something as healthcare providers we live and breathe everyday.

With respect and appreciation
Tracey Keighley-Clarke
Program Director



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Education

Fall Conference

"A Lifetime View of Palliative Care, Through Case Studies"



Wednesday,
Oct. 24, 2012

Brooklea Gold & Country Club,
Midland, Ontario

[Regional Conference Advance Notice](#)

Dr. Danusia Gzik

Cancer Screening, What you need to know; with a focus on Breast, Cervical and Colorectal Cancer Screening

October 23, 12:00—1:00 pm
RVH Auditorium

Register on RVH Shared folder
(S:\RVH\Your Health Matters\
Dr. Gzik—Cancer Screening)

Seating limited to 120 ppl
Lunch provided

Oncology Grand Rounds

Dr. Danusia Gzik

What's New in Cancer Screening with a Focus On:

- Updated 2012 Ontario Cervical Screening Guidelines
- What's New in Breast & Colorectal Cancer Screening

October 23, 4:00—5:00 pm
RVH Rm 2C024

This is a CME accredited event

Refreshments will be provided
rsvp to Nadia Devecseri
devecserin@rvh.on.ca

PEARLS Event

**Cancer Care Community Pearls
Simcoe Muskoka Regional Cancer Program
OPEN HOUSE EVENT**

Tues Nov. 6th, 2012
5:30—8:00 pm

Royal Victoria Regional Health Centre
201 Georgian Drive, Barrie ON

Designed for all physicians, administrative,
nursing and community care professionals
involved in caring for cancer patients

RSVP to Nadia at devecserin@rvh.on.ca

LEAP

**LEAP: Learning Essential Approaches to
Palliative & End-of-life Care 2-day course:**

Friday Nov 2 and
Saturday Nov 3, 2012
Cranberry Golf Resort, Collingwood, ON

The LEAP course provides an opportunity for active learning about current best-practice in caring for patients with life-threatening and life limiting illnesses, with a special focus on family practice and community settings.

RSVP to Nadia at devecserin@rvh.on.ca

Spotlight on Community Partner—Simcoe Muskoka District Health Unit



Our Vision - The people who live, work and play in Simcoe Muskoka lead healthy, fulfilling and productive lives.

Chronic disease is a key area of concern for the Simcoe Muskoka District Health Unit (SMDHU). In 2009 chronic diseases, including cancer, cardiovascular disease, chronic lower respiratory disease and diabetes, accounted for 68% of all deaths in Simcoe Muskoka. Of the nearly 4000 deaths in 2009, more than 2700 were from one of these four chronic diseases. Chronic diseases reduce quality of life, cause early death, account for a large proportion of the economic burden of illness and are endangering the public health care system.

Evidence confirms a strong association between four risk factors (tobacco, alcohol consumption, physical inactivity and unhealthy eating) and the most common chronic diseases. SMDHU is committed to reducing these risk factors to ease the burden of chronic disease in Simcoe Muskoka. SMDHU works with partners to;

- Prevent young people from starting to use tobacco, promote smoke-free spaces and offer tobacco cessation supports,
- Promote the Low-Risk Drinking Guidelines and advocate for effective controls on alcohol availability,
- Support development of active transportation infrastructure,
- Support healthy eating and food security.

Ontario does a good job of managing chronic disease, but we need to do a better job of preventing chronic disease. We all share responsibility to ensure individuals, families and communities in Simcoe Muskoka are the healthiest possible. We must work collaboratively and strategically together to increase opportunities for residents of Simcoe Muskoka to make healthy choices.

For more information, contact Your Health Connection at (705) 721-7520 or 1-877-721-7520

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New Cervical Cancer Screening Guidelines

Cancer Care Ontario (CCO) has recently updated the cervical cancer screening guidelines. According to the new recommendations, women in Ontario should have cervical cancer screening by means of a Pap tests every three years starting at age 21 if they are or have been sexually active. Women who are not sexually active by age 21 can defer screening until they begin sexual activity. Pap tests should continue every three years, regardless if sexual activity has stopped, until age 70. Cervical screening can be discontinued after age 70 if the woman has had three or more normal Pap tests in the previous 10 years.

Pap tests are used to screen for cervical cancer by looking for abnormal cell changes in the cervix. Changes to the cervix are caused by a type of infection called the human papillomavirus (HPV), which is passed from person to person through genital and oral sexual contact.

The previous cervical screening guidelines (2005), recommended women begin screening within three years of their first vaginal sexual act and continue annually until they had three normal Pap tests, then continue to screen every two or three years. The recent change to the guidelines is due to new research stating that women younger than 21 do not need to be screened, regardless of the age they first become sexually active. Dr. Linda Rabeneck, CCO's Vice President of Prevention and Cancer Control said the changes are the result of research studying the benefits of screening, "What the evidence shows is there is no health benefit to starting screening before the age of 21 with Pap tests, and there is no health benefit to women to do them annually." The new evidence, examined by an expert panel, showed the harms of screening women younger than 21 outweighed the benefits, including unnecessary follow-up exams and treatment procedures which can potentially negatively affect future pregnancies.

Although rates of cervical cancer have decreased in recent years due to increased screening, The Canadian Cancer Society, who strongly supports the new provincial screening guidelines, predicts that approximately 550 women in Ontario will be diagnosed with cervical cancer in 2012, and about 160 women will die from the disease. **According to the Canadian Cancer Society, most cervical cancers are found in women who were never screened, or never screened regularly.**

Screening saves lives, so it is critical for women to get screened for cervical cancer every three years. Women who want to learn more about cervical cancer screening are encouraged to speak with their health care provider and visit www.ontario.ca/screenforlife.ca. Women without a healthcare provider can register with Health Care Connect at 1-800-445-1822 or www.ontario.ca/healthcareconnect

Ontario Breast Screening Program Update

As of September, the Prevention, Screening & Education (PSE) Team at the Simcoe Muskoka Regional Cancer Program assumed responsibility for the administrative oversight of the Ontario Breast Screening Program (OBSP) sites across the region. Prior to the transition, all five OBSP sites in North Simcoe Muskoka were supported by the GTA Hub in Toronto. The PSE Team will now oversee regional health promotion, assessment, quality management, training and correspondence to support the screening sites.

The OBSP is a province-wide, organized breast screening program that provides high-quality breast screening services for women.

If you have any questions or would like more information,
please contact nsmscreening@rvh.on.ca.



ontario breast
screening program
a cancer care ontario program

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Stylists Save Lives



October is Breast and Cervical Cancer Awareness month and the Simcoe Muskoka Regional Cancer Program has partnered with salons and stylists throughout our region with the “Stylists Save Lives” campaign, to help educate women about the importance of breast and cervical cancer screening. Did you know that as a result of women participating in regular screening, we have seen a 21% decrease in mortality from breast cancer and an 80% decrease in women diagnosed with cervical cancer?

Screening saves lives by finding cancer earlier when there are more treatment options and an improved chance of survival. Women who are 50 and older need to have regular mammograms and those who may be at high risk for breast cancer should speak with their physician to determine if they can




be screened earlier, starting at age 30. Women 21 and older, who have ever been sexually active, need to have regular Pap tests. Cancer screening is free and you do not need a family Physician to participate. Telehealth can help you with any questions you may have and connect you with the right programs to make sure you are getting the cancer screening you need. Telehealth can be contacted at 1-866-797-0000.

The Stylists Save Lives campaign will be running the entire month of October.

Visit the RVH website at www.rvh.on.ca for a list of participating salons.

Screen for Life

Cancer screening sees what you can't

-  Breast
-  Cervical
-  Colorectal

Take the Time to Screen Tool at Ontario.ca/screenforlife