

# SIMCOE MUSKOKA REGIONAL CANCER PROGRAM e-newsletter

## The Simcoe Muskoka Regional Cancer Plan (2013-2016)



RVH has been working to bring cancer care closer to home for the residents of Simcoe Muskoka for more than 25 years. Our goal was not just to build a regional cancer centre but to build a regional cancer system. Caring for people living with cancer is a community effort. The people of this region and this province have responded by helping us bring the Simcoe Muskoka Regional Cancer Program (SMRCP) to life. We are extremely grateful for the community support that helped us open the Simcoe Muskoka Regional Cancer Centre in 2012. What began as a small clinic staffed by a physician and a nurse has grown to be a provincially recognized regional cancer program. The last 10 years have focused on positioning the region to deliver top-notch cancer care with a focus on building the team, the infrastructure and the relationships.

**Build the Team:** We are proud to say we have delivered on this promise. In the last decade we have recruited hundreds of health care professionals and support staff to provide high quality cancer care and treatment.

**Build the Infrastructure:** The Simcoe Muskoka Regional Cancer Centre has 34 chemotherapy treatment spaces complete with satellite pharmacy, three radiation machines, a CT simulator suite to plan treatments, two large outpatient clinic areas and a cancer lodge.

**Build the Relationships:** There is an extremely talented team of professionals across the NSM LHIN that are committed to providing the best, highest quality cancer care for our communities. The entire team of professionals is committed to doing whatever we can to make every encounter with our staff the best it can be for patients and their families.

It is this team that came together to develop the first ever Simcoe Muskoka Regional Cancer Plan. I believe that it is an exceptional plan, responsive to Cancer Care Ontario and Royal Victoria Regional Health Centre's Strategic Plans. It is the result of over eight months of visioning, planning and consultation with patients, families, doctors, nurses, other healthcare professionals, volunteers and partners throughout our region and provincially.

We are poised to become a consistently top performing cancer program. We have the team, we have the infrastructure and now we have the PLAN. The regional goals and action plans provide the focus for our efforts over the next three years. The plan outlines three clear priorities: We are focused on delivering the highest quality care for patients, developing high performing teams and partnering with our patients and families to create the best possible experience in cancer care. This plan is reflective of the change that we want to see as we work to develop the best system of cancer care for our many communities.

If you would like to receive a copy of the Simcoe Muskoka Regional Cancer Plan, please contact Leslie Hajicostis – [hajicostisl@rvh.on.ca](mailto:hajicostisl@rvh.on.ca).

*Lindsey Crawford  
Regional Vice President*

## The Team

### Lindsey Crawford

Regional Vice President

### Dr. Bryn Pressnail

Clinical Program Director and  
Clinical Staging Lead

### Tracey Keighley-Clarke

Program Director

### Dr. Rob El-Maraghi

Chief of Oncology

### Dr. Gerard Morton

Interim Head, Radiation  
Treatment Program

### Dr. Sara Rask

Regional Quality Lead,  
Systemic Treatment

### Dr. Michael Anderson

Surgical Oncology Lead & Chair  
Multidisciplinary  
Cancer Conferences

### Dr. John Nadeau

Regional Cancer  
Imaging Lead

### Dr. George Lougheed

Regional Breast Imaging Lead

### Dr. Marianne Belau

Regional Palliative  
Care Lead

### Dr. Russell Price

Regional Cancer  
Pathology Lead

### Dr. Danusia Gzik

Regional Primary  
Care Lead

### Kristen Dawson

Psychosocial Oncology Lead

### Dana Strength

Regional Aboriginal Cancer Lead

## Introducing our Aboriginal Patient Navigator



Leah Bergstrom has recently joined the Simcoe Muskoka Regional Cancer Program in the capacity of Aboriginal Patient Navigator. As a proud member of the Metis Nation of Ontario, Leah brings a lifetime of rich experience to this newly developed role. She has worked for over 20 years providing counseling and advocacy services to a diverse range of individuals involved with health and public service agencies. Her most recent work experience being with The School of Aboriginal Studies at Georgian College as a professor.

In Leah's new role, she will provide support and advocacy for First Nation, Inuit, and Metis (FNIM) cancer patients and families across North Simcoe Muskoka by facilitating and coordinating access to cancer services; addressing cultural/spiritual needs; and networking with FNIM and non-FNIM partners. This position will also leverage existing capacity and expand palliative and supportive care services more broadly to the FNIM community.



To access the Aboriginal Patient Navigation Service, please contact Leah at (705)728-9090 ext. 43133



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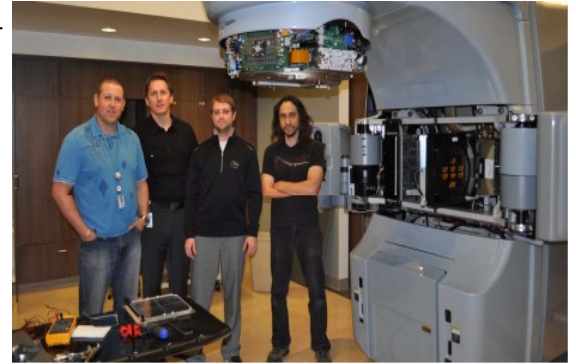


## Introducing the 'moles' of RVH

Kyle Malkoske is a behind-the-scenes man. In fact, his whole department is rarely seen or heard.

Malkoske is head of RVH's Physics team comprised of four physicists, two physics associates, two electronic technicians, one IT staff and one administrative assistant for a total of 10 people. Yet, rarely are these staff members seen. That's why Malkoske sometimes refers to his team as 'moles' – you see the results of their work, but rarely the team itself.

Working in the lower level of the Simcoe Muskoka Regional Cancer Centre, and often in low traffics areas, it is easy to forget they are even there. But that's not the case if you are a cancer patient needing life-saving radiation therapy. In fact, even before the cancer centre opened, the physics team had already arrived and was working. Their mission was to safely receive, install and test the linear accelerators (LINAC) used for the delivery of radiation therapy.



Pictured from left to right: Jonathan Wilson, Kyle Malkoske, Rob Tkaczyk and Harvey Emberley

When the centre opened, and people from Simcoe Muskoka finally had radiation therapy close to home, the physics team ensured they received the highest quality and safest delivery of radiation – not only by installing and maintaining the linear accelerators, but by being active members of the patient's treatment team.

Malkoske sums it up by saying, "the oncologists determine the location of the cancer and the dose of radiation required and we figure out how to get it there. We create the systems the patients move through and ensure the process is effective and safe." And that process is never static. "This is an exciting career because we are using science to make a difference in the lives of people. We are always finding new ways to use science and technology to improve the quality of our patient care," says Malkoske.

## Sharing the importance of Breast Screening

To draw attention to the importance of detecting breast cancer early through screening, Brittany Myers (left), Courtney Houldsworth and Melissa Mei, the Simcoe Muskoka Regional Cancer Program's Prevention, Screening and Education team, recently donned bright pink costumes and handed out treats as part of their 'Oktoberbreast campaign'.

They toured Royal Victoria Regional Health Centre (RVH) to share their screening message with staff, such as Deb Langley of RVH's Environmental Services department, as well as volunteers and visitors.

Recent statistics show that through regular screening there has been a 21 per cent decrease in mortality from breast cancer for women between the ages of 50 to 69.

It is recommended that women age 50 to 74 should have a mammogram every two years and women age 30 to 69 at high risk for breast cancer should have a mammogram and MRI every year. Women over the age of 50 can book their own mammogram through the Ontario Breast Screening Program (OBSP).

To find the OBSP site in your area please go to the Cancer Care Ontario website and click on the link for screening and then breast screening.





# SIMCOE MUSKOKA REGIONAL CANCER PROGRAM e-newsletter

## Spotlight on Patient Education

Here are some of our hot-off-the-press resources, explained using the 5W's, to help your patients.

**SYMPTOM MANAGEMENT**

Please bring this each time you visit the Cancer Centre. Show your Care Team this book.

**My Health Diary**  
For patients undergoing cancer treatment

Track your symptoms, bloodwork, appointments, and more

Why you should use this booklet:

- Track how you are feeling during treatment
- Communicate with your Care Team about your symptoms
- Keep an organized record of your health

**What:** [My Health Diary](#)

**Who:** Designed for chemo patients but also good for radiation patients if they need a tool to track their symptoms

**Where:** Included in each new patient package for chemo patients. Also available in our New Patient Chemo Class, Chemotherapy Treatment Unit and waiting areas.

**Also Online:** [www.rvh.on.ca/SMRCP/patientmaterials.aspx](http://www.rvh.on.ca/SMRCP/patientmaterials.aspx)

**When:** Instructions and copies of the diary are provided at the New Patient Chemo Class and first chemo treatment when nurse provides drug-specific teaching.

**Why:** Patients need a way to track their symptoms, especially on the days between their visits to the SMRCP. We hope this will help them with symptom management, calling triage and taking a greater control of their symptoms.

**GENERAL INFORMATION**

**Lymphedema Resources in the Community**  
Where to get help for your lymphedema

Learn more about lymphedema here: [bit.ly/RVHlymph](http://bit.ly/RVHlymph)

In this booklet you will find:

People and places you can contact for support with managing your lymphedema, such as:

- Financial help
- Compression Garment Fitters
- CDT Therapists
- Other organizations

**What:** [Lymphedema Resources in the Community](#)

**Who:** Patients with lymphedema

**Where:** Distributed during our lymphedema class, lymphedema clinic and available in waiting areas.

**Also Online:** [www.rvh.on.ca/SMRCP/patientmaterials.aspx](http://www.rvh.on.ca/SMRCP/patientmaterials.aspx)

**When:** Provided to patients and caregivers who attend the lymphedema class and clinic (they need a referral to the class and clinic)

**Why:** Patients often ask where they can access treatment and supplies for lymphedema. This brochure links them to private clinics and resources where they can get the help they need, faster.

**RVH**  
Royal Victoria Regional Health Centre

**Lymphedema**  
What Cancer Patients Need to Know

**What:** [Lymphedema Class on Video](#) (it's our first in-house video!)

**Who:** Patients at risk of getting lymphedema and patients/caregivers who have attended the class and need a refresher

**Where:** Online! [Bit.ly/RVHlymph](http://bit.ly/RVHlymph)

**When:** Advertised during our Lymphedema Class

**Why:** There's a lot to learn about lymphedema. Having it online gives people 24-7 access to information, whether learning about lymphedema for the first time or need a refresher.

### Survivorship Resources

[Wellness After Breast Cancer - Group Class slides](#) and [class VIDEO Resources for Breast Cancer Patients After Treatment](#)

These resources supplement our [Well Breast Transition Clinic](#) – a program for breast cancer patients after treatment to help them thrive beyond cancer.

Simcoe Muskoka  
Regional Cancer Program



Royal Victoria  
Regional Health Centre

Cancer Care Ontario  
Action Cancer Ontario

# PHYSICIAN SPOTLIGHT

Simcoe Muskoka Regional Cancer Program



## Matthew Follwell, MD, MSc, FRCPC

“Growing up in a small town, I see the importance of care closer to home”.

“Even under the most dire of circumstances, we can make a positive difference for our patients and their families”

“Teams can accomplish more than any individual can”



Growing up on a farm outside of Belleville, Ontario, Dr. Follwell was better known for taking things apart rather than fixing them. And on that rural farm, more than crops were growing – a physician was growing too.

After a decade of post-graduate training, including his Masters in Neurophysiology at Queens University, Medical School at Western University, Residency at Princess Margaret Hospital and Odette Cancer Centre and his Fellowship at the BC Cancer Agency (BCCA) where he worked for three years, Matthew wanted to be closer to family and made the decision to come to

the Simcoe Muskoka Regional Cancer Centre (SMRCC).

Now, after moving to Barrie, with his wife and two year old son, he’s not only busy fixing up their home in preparation for another baby – due in January - but also works as a staff radiation oncologist with the Simcoe Muskoka Regional Cancer Program (SMRCP) providing the best possible care to our cancer patients.

He says his family and his work are two of his proudest accomplishments as well as being the first Resident nominee for the Kirsh Humanitarian Award at Princess Margaret Hospital.

So what brought Dr. Follwell to the SMRCP? “The SMRCP offers a unique opportunity for physicians early in their career that would not necessarily be available at larger centres,” he says.. “It’s a great opportunity for young staff to impact change, work out challenges, all the while opening a brand new cancer centre.”

For Dr. Follwell, Radiation Oncology offers new

information, new research and the opportunity to work in a diverse team. “Teams can accomplish more than any individual can,” he says. “Input from all the different groups available (from nurses to social workers to radiation therapist, etc.), improves the patient experience. Even under the most dire of circumstances, we can make a positive difference for our patients and their families.”

His small town roots also played an important role in his decision to join the program. “Growing up in a small town, I see the importance of care closer to home and it is truly satisfying to be able to provide that service for patients near their homes, their families and their support systems,” says Follwell.

Dr. Follwell looks forward to bringing quality radiation treatment delivery to the North Simcoe Muskoka region.

Welcome to the program Dr. Follwell, and thank you for all that you contribute.

by: Alissa Hanslip

