

Primary Care Cancer Update

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toronto central regional
cancer program

in partnership with
cancer care ontario

My CancerIQ



THE ONLY THING MORE REWARDING THAN HELPING A PATIENT SURVIVE CANCER IS HELPING THEM AVOID IT ALTOGETHER.

Cancer Care Ontario is launching MyCancerIQ.ca, an online risk assessment that starts a conversation with your patients about breast, cervical, colorectal, and lung cancer prevention before they even set foot in your office. The tool is from Cancer Care Ontario and is meant to work with you, not replace you. And it will provide your patients with useful information that you have already been promoting for years.

HOW IT WORKS

Patients build a tailored cancer risk profile by answering key questions about:

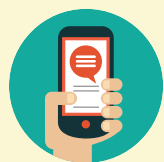
- ✓ Family history
- ✓ Personal and medical history
- ✓ Lifestyle

WHAT PATIENTS RECEIVE

- ✓ A Risk Assessment Report outlining their risk levels
- ✓ Their cancer risk relative to most Ontarians their age and sex
- ✓ A prioritized summary of risk factors
- ✓ A Health Action Plan with links to Canadian resources to help modify their behaviour

WHAT THIS MEANS FOR HEALTH CARE PROVIDERS

- ✓ The tool will save you time by providing preliminary information to your patients before an initial consultation
- ✓ It is an evidence-based report that can serve as the basis for motivational discussions on preventative behaviour



Breast and Cervical Cancer Screening Guidelines at your fingertips!

Download the expanded Cancer Screening App — now with breast cancer screening guidelines.

Cancer Care Ontario's free cancer screening app for healthcare providers includes:

- Quick access to Ontario's breast and cervical cancer screening guidelines
- Easy-to-navigate recommendations for follow-up of abnormal results
- Instant viewing, printing and emailing of patient and provider resources



Download the app by scanning the QR code or searching "Ontario Cancer Screening" in your app store.

Worried your patient has cancer and needs consultation fast?

Diagnostic Assessment Programs (DAPs), also known as Diagnostic Assessment Units (DAUs) and Rapid Diagnostic Units (RDUs), focus on providing a rapid assessment and diagnosis for patients with suspicious symptoms or abnormalities. Patients receive a comprehensive assessment, examination and care plan. There are many DAPs and RDUs in the Toronto Central LHIN. For an extensive list by cancer disease site, including many referral forms, please go to www.trcp.ca



FOBT Tip

Did you know that the most common cause for a rejected FOBT kit is that it is not labelled? Prevent this from happening by labeling the patient's FOBT kit before you or your team gives it to them! This is also a good time to make sure the kit isn't expired.



TIP on Survivorship

Evidence shows that healthy cancer patients with a good prognosis can be well managed by their primary care providers (PCPs). As a result, many local cancer programs and other jurisdictions are discharging their patients back to their PCPs for surveillance and follow-up care.

Please make sure that you:

- are aware of who these patients are
- see them regularly
- look for signs and symptoms of recurrence
- order appropriate surveillance tests

Upcoming CME Opportunities

Heartburn for Primary Care: What's New with Dyspepsia and When To Worry about Cancer

- **When:** Wednesday, February 25, 2015 6 pm - 9 pm (dinner will be served)
- **Where:** St. Andrew's Club – 150 King St. West, Toronto (SPACE IS LIMITED)

Accredited for 2 Mainpro M1 credits. Presented by The Princess Margaret Cancer Foundation and UHN Thoracic Surgery Division. For more information and to RSVP, please contact Alexandra Salvarrey at Alexandra.Salvarrey@uhn.ca or 416-340-4800 x 6992.

Cancer Screening and LGBT Populations – Online Educational Module

Lesbian, gay, bisexual and transgender (LGBT) populations have lower screening rates for colorectal, breast and cervical cancer. This online module is designed to help you improve your skills to provide relevant and inclusive screening information to your LGBT patients.

This program is eligible for 0.5 (half hour) Mainpro-M2 credit. To access the module, go to www.cancer.ca/getscreened and click on the Healthcare Providers tab.

For more information about cancer services and resources available in the Toronto Central region go to www.trcp.ca.

Prostate Cancer Screening

Did you know the Canadian Task Force on Preventive Health (CTFPH) recently published recommendations for prostate cancer screening with the prostate-specific antigen test? They are:

For Men aged 55-69 years, the CTFPH recommends not screening for prostate cancer with the PSA test. (Weak recommendation; moderate quality evidence)

For Men aged less than 55 years and 70 years of age and older, the CTFPH recommends not screening for prostate cancer with the PSA test. (Strong recommendation; low quality evidence)

For more information go to www.canadiantaskforce.ca or www.evanshealthlab.com for a great review of the evidence from Dr. Mike Evans.



Who We Are:

Drs. Ed Kucharski and Lisa Del Giudice joined Cancer Care Ontario in April 2012 as Regional Primary Care Leads for the Toronto Central Regional Cancer Program. Dr. Bernice Downey was recently appointed as the Regional Aboriginal Cancer Lead for the Toronto Central Regional Cancer Program.

Dr. Kucharski is a Family Physician at the Sherbourne Health Centre. He has interests in health equity and marginalized populations, as well as quality improvement and safety. Ed has also been an Accreditation Canada Site Surveyor since 2012.

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Dr. Del Giudice is a Family Physician at Sunnybrook Health Sciences Centre. Her interests include developing and disseminating cancer related programs, guidelines and CME that aim to improve patient care across the cancer journey in the primary care setting.

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Dr. Bernice Downey is a medical anthropologist with research interests in health literacy and traditional knowledge for Indigenous populations. She is also a life-long advocate in the work towards addressing the serious health inequities among Indigenous populations in Canada.

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