

Happy New Year!

The Toronto Central Regional Cancer Program would like to wish you and your patients a happy and healthy 2016. Check out these resources to help your patients achieve their New Year's resolutions:

What's New

Cancer Care Ontario New e-Learning Modules


Aboriginal Relationship and Cultural Competency Courses

- Strengthen your understanding of First Nation, Inuit and Métis history and knowledge
- Nine free accredited courses for 0.5 to 1.0 Main pro-M1 credits

Cancer Screening Courses

- Understand Ontario's guidelines for breast, cervical and colorectal cancer screening
- Four free accredited courses for 0.5 Main pro-M1 credits

For more information, to register and to get started visit:

 <https://elearning.cancercare.on.ca>

Ontario Breast Screening Program

Updated tools for average and high risk breast screening through the OBSP are now available. The OBSP information for Healthcare Providers and Guidelines

Summary are available at:

 www.cancercare.on.ca/pcresources

Exercise Guidelines

Cancer Care Ontario and PEBC have created a guideline on "Exercise for People with Cancer". Download this guideline from the Cancer Care Ontario website or:

 <http://bit.ly/1YNquSF>

Patient Symptoms Management Guidelines

Download the Fatigue and Nausea, and Vomiting guides at:

 www.cancercare.on.ca/symptoms

My CancerIQ: www.mycanceriq.ca

Smokers Helpline: www.smokershelpline.ca

Canadian Physical Activity Guidelines: www.csep.ca/CM-Files/Guidelines/CSEP_Guidelines_Handbook.pdf

Eat Right Ontario: www.eatrightontario.ca

Run to Quit (combines fitness and smoking cessation):
www.runtoquit.com

Physician-Linked Correspondence (PLC)

Cancer Care Ontario is inviting all patient enrolment model (PEM) physicians across Ontario to enroll in this important initiative. Starting February 2016, rostered screen-eligible patients in PEM models can receive invitation, recall, and reminder letters from ColonCancerCheck with their primary care physician's name on it. PLC offers many advantages:

- It is a proven way to get more people screened;
- It supports better patient care; and
- It can reduce administrative burden and help achieve preventive care bonuses.

The PLC program will start with colorectal cancer screening and expand (with automatic enrollment) to breast and cervical cancer screening in the future. PEM physicians can enroll by completing a consent form on CCO's website:

 <http://bit.ly/1PxHdVR>



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If you have any questions or would like this newsletter delivered electronically please email us at: info@TCcancerscreening.ca

Aboriginal Patient Navigator



The new role of Aboriginal Navigator has been created by Cancer Care Ontario based on the unique needs identified by the Aboriginal community and to help adult First Nations, Inuit and Metis (FNIM) navigate the cancer care system in the Toronto Region. The

Aboriginal Navigator provides support and advocacy for patients and families across the cancer continuum by:

- Attending hospital visits
- Answering questions about what to expect with upcoming appointments or tests
- Understanding the roles of their health care providers
- Supporting what types of questions to ask and who to go to with their questions
- Connecting with spiritual support, as well as support in the community

The Aboriginal Navigator for the TRCP is Joanna Vautour, a First Nations Registered Social Worker with over 10 years experience working with the Toronto Aboriginal Community.

To refer a patient to the Aboriginal Navigator please download the referral form or contact Joanna Vautour:

 **416-864-6060 ext 2422**

 **www.trcp.ca**


High Risk Ontario Breast Screening Program

The High Risk Ontario Breast Screening Program screens women aged 30 to 69 years who are identified as being at high risk for breast cancer with annual mammography and breast magnetic resonance imaging (MRI) screening.

Women aged 30 to 69 years are considered to be at high risk if they have any of the following risk factors:

1. A genetic mutation that puts them at high risk for breast cancer.
2. Refused genetic testing, and have a parent, sibling or child with a genetic mutation that puts them at high risk for breast cancer.
3. A family history that indicates a > 25 % lifetime risk of breast cancer confirmed through genetic assessment.
4. Radiation therapy to the chest before 30 years of age and at least eight years ago.

To refer a patient to the High Risk Program please download the referral form below. Other factors may also place a patient at higher risk for breast cancer, please consult the High Risk referral form at:

 **www.trcp.ca/en/screening/screening-programs**

Prevent Ovarian Cancer Program


The Prevent Ovarian Cancer Program by the Princess Margaret Cancer Center screens and identifies women at high risk for High-Grade Serous Ovarian Cancer (HGSC).


Here are some key facts:

- It is estimated that there are over 10,000 women in Ontario whose first-degree relative had ovarian cancer and genetic testing was not completed. These women are potentially unaware that they are at higher risk of developing HGSC.
- The province of Ontario offers BRCA1/2 genetic testing to individuals with serous ovarian cancer and to unaffected relatives with a strong family history of ovarian/breast cancer and/or when a known BRCA1/2 gene mutation is identified in a family member.

If you have a patient who has a first degree relative (mother, sister and/or daughter) with a history of ovarian cancer, please visit the website or contact the study organizers:

 **www.preventovariancancer.ca**

 **1-866-330-0180**

 **preventovariancancer@uhnresearch.ca**

