

CANCER NETWORK INSIDER

Mississauga Halton/Central West Regional Cancer Program Newsletter



A Message from the Regional Vice President

The summer months may usher in a slower, more restful period of productivity for some, but the Mississauga Halton/Central West (MHCW) Regional Cancer Program continues to be as busy as ever.

There are an impressive amount of projects currently on-the-go within the MHCW Regional Cancer Program, and they reflect our dedicated model of patient-centred care.

Launching this summer, a new Prostate Cancer Diagnostic Assessment Program (DAP) will join our current roster of DAPs (Breast, Thoracic/Lung, and Hepato-Pancreato-Biliary). In this newsletter, you will read more about the new DAP to the region that will be available to patients post-diagnosis. We have been remodeling the DAPs by improving relationships with the diagnostic imaging department within the hospital, and the role of the Nurse Navigator has been instrumental in reducing wait times for our patients.

Tackling low screening numbers in our region is another initiative that the MHCW Regional Cancer Program has placed some attention on. Currently, the regions of Mississauga Halton and Central West have some of the lowest screening numbers for colorectal cancer in the province. Our Integrated Cancer Screening team has been working hard to change that through public awareness campaigns and collaborating with family physicians. It's important to remember, if cancer is detected early, chances of shortened treatment and survival become greater.

As well, we will be launching a new MHCW Regional Cancer Program website in the fall that will be a helpful resource and interactive forum for the public, healthcare professionals, oncology patients and their loved ones. More details to come in the fall edition of the *Cancer Network Insider*.

Despite the Program's busy activity, I hope that you all take some time to have a happy and healthy summer!

Sincerely,

Dr. Craig McFadyen
Regional Vice President,
Mississauga Halton/Central West Cancer Program

Cancer Care Ontario's Regional Roadshow Visits Mississauga Halton/Central West Regional Cancer Program

From November 2012 - March 2013, Michael Sherar, President & CEO, Cancer Care Ontario (CCO) visited each of the 14 Regional Cancer Centres in the province. At Trillium Health Partners - Credit Valley Hospital location, Michael spoke to members of staff from the Mississauga Halton/Central West (MHCW) Regional Cancer Program. Michael's presentation covered topics such as chronic disease, diagnosis, screening and prevention, and the importance of patient-centered care.

"I thought Michael Sherar's presentation was informative and spoke to the importance of the patient in cancer care," says Michael Durkacz, Manager, Regional Planning, Regional Referral Office and Regional Multidisciplinary Cancer Conferences. "Having our partner hospitals joining in through videoconference was tremendously important on a collaborative level."

The Town Hall was highly-attended and included staff representation from the Regional Cancer Program's partner hospitals: Halton Healthcare Services, Headwaters Health Care Centre, Trillium Health Partners, and William Osler Health System.



(L-R): CCO President & CEO, Michael Sherar and Regional Vice President, MHCW Cancer Program, Dr. Craig McFadyen.

Psychosocial Oncology and Supportive Care: Making a Difference in Patient-Centred Care

For over 20 years, Lynn Boyko has been managing her breast cancer through diet, exercise, pain management, and a positive attitude. It's a full-time job, but Lynn believes the pay-off is all worth it.

"If you want to live a better life you have to manage your nausea, pain and fatigue," says Lynn, a patient since 2006 of The Carlo Fidani Peel Regional Cancer Centre at Trillium Health Partners' Credit Valley Hospital. "As a patient, it's important to have the power, to have the choice to either give up or work hard to make yourself better. Being proactive is important, and I felt totally empowered."

Navigating an often complex health care system can be a daunting and intimidating experience for anyone, especially a patient. Lynn remembers a challenging time in 2006 when she felt lost - her cancer not only metastasized to her bones, it travelled to her liver and lymph nodes as well. At the same time, she was battling personal and financial struggles. That's when she met Lisa Roelfsema, a social worker in Psychosocial Oncology and Supportive Care at Trillium Health Partners, who became a lifeline.

"Lisa was there for me, answering any questions that I had, whether emotional or financial," Lynn says.

"Being your own advocate is really important, but with Lisa behind me it made such a difference throughout my treatment process."

Since 2006, Lisa has been a part of the Psychosocial Oncology and Supportive Care team at Trillium Health Partners,

playing a vital role in helping patients and families address the psychosocial impact of hospitalizations, illness and treatment. The Psychosocial Oncology and Supportive Care team at Trillium Health Partners provide such services as psychosocial assessment, individual, couple and family counselling, symptom management, crisis intervention, patient/family education, advocacy, resource counseling, and discharge planning. The Coping Clinic and Women's Sexual Health Program are new initiatives implemented in the last couple of years. These group-based programs give patients strategies for dealing with the stress of having cancer and normalizing and remediating the impact of cancer on women's sexual health, respectively.



(L-R): Lisa Roelfsema, Social Worker and Lynn Boyko.

"Patients benefit from knowing that help is available to them, that their needs can be met," says Lisa. "I can't emphasize enough how important it is to have someone to help navigate through the system. It is overwhelming to hear that, "you have cancer." We understand some of the things that patients need and we're here to help." Ever the warrior, Lynn just turned 60 years of age in May. She continues her chemotherapy treatment at The Carlo Fidani Peel Regional Cancer Centre, but she carries on a much stronger, positive and empowered individual.

"It is essential to cherish all the support you receive, whether from medical staff or the loving care from family and friends," says Lynn. "Don't ever be afraid to ask for help in any area of your fight to survive and have a great quality of life."

She adds: "Find your joy, manage your fear. You have to look within yourself - the power within us is huge."

For more information on the Psychosocial Oncology and Supportive Care team, please call 905-813-1100 ext. 4862.

We Need YOU!

Join the Regional Patient and Family Advisory Council

The Mississauga Halton/Central West Regional Cancer Program is looking to recruit patients and family members of patients for its Regional Patient and Family Advisory Council.

This is a council made up of patients, caregivers and healthcare professionals interested in how the Regional Cancer Program can best serve its community through its services.

If you are interested in joining the Regional Patient and Family Advisory Council, please contact: Maria Rugg at 905-813-1100 ext. 5554 or email maria.rugg@trilliumhealthpartners.ca



Early Prevention is the Key

Ontario Breast Screening Program

The Ontario Breast Screening Program (OBSP) provides high-quality breast cancer screening for average risk women aged 50 to 74 years. Breast cancer screening is free-of-charge for women in Ontario, and does not require a physician's referral for participation. As of July 2011, the OBSP expanded to include breast cancer screening for high risk women, aged 30 to 69 years.



OBSP staff at work at one of the MHCW region's OBSP screening sites, The Betty Wallace Women's Health Centre at Trillium Health Partners' Queensway Health Centre

Through a physician's referral, the OBSP High Risk Program:

- Facilitates referrals for genetic assessment (if appropriate)
- Offers annual screening mammography and breast MRI for women confirmed at high risk.
- Facilitates follow-up breast assessment services when required.

Colleen Coxson, a patient of the Credit Valley Hospital OBSP screening site, believes in the importance of the OBSP. It hits home on a personal level as she has lost both her mother and her great aunt to breast cancer.

At 37 years of age and with a family history of the disease, Colleen falls under the high risk category.

"It's best to stay ahead of it," says Colleen. "Screening is such an easy and efficient process to go through. I receive my letter of notification every year and my family doctor is involved every step of the way – it's like a circle of care."

The OBSP provides many benefits:

- High-quality mammograms done at accredited screening locations;
- Quality assurance at each screening site;
- Screening appointment results within two weeks for both women and healthcare providers;
- Help to set up extra tests or referrals if your results suggest that they are needed;
- A reminder letter for your next screening mammogram.

Women over the age of 73 do not receive a reminder letter. However, they are welcome to call for an appointment after they have discussed it with their healthcare provider.

Adds Colleen: "It really empowers women to take control of their health."

To find an OBSP screening location nearest you, please call 1-800-668-9304

Or visit:

cancercare.on.ca/pcs/screening/breastscreening/locations

New! Prostate Cancer Diagnostic Assessment Program

A new addition to the Diagnostic Assessment Program (DAP) of the Mississauga Halton/Central West Regional Cancer Program recently launched in June 2013.

A Prostate Cancer DAP has been developed for patients in the post-diagnosis stage of their prostate cancer. When a patient has been diagnosed with prostate cancer by their urologist, they will be referred to the Prostate Cancer DAP. Once referred, patients will be connected with a Nurse Navigator who will help them manage their care and appointments. Patients will be seen by the Nurse Navigator at Trillium Health Partners' Queensway Health Centre and Credit Valley Hospital.

What does the Prostate Cancer DAP offer patients:

- Single point of contact.
- Answers questions about treatment options.
- Helps a patient to organize and understand appointments.
- Provides information about a patient's prostate cancer and any available resources.
- Provides psychosocial support.

The Prostate Cancer DAP is the main point of contact where a patient and their loved ones can better understand their treatment options. Stay tuned for a feature story on the Prostate Cancer DAP in the fall!

Care Close to Home: William Osler Health System Expands Radiation Oncology Consult Service

An existing one-day a week consult service for cancer patients at William Osler Health System (WOHS) has recently expanded to three days a week, offering more care to patients close to home.

This recent expansion in service involves three radiation oncologists from Credit Valley Hospital's Carlo Fidani Peel Regional Cancer Centre (Dr. Charles Hayter, Dr. Jonathan Tsao, and Dr. Jasper Yuen) seeing new patient referrals at WOHS' Brampton Civic Hospital. During the consult, the radiation oncologists assess the patient and decide if radiation therapy is needed. If it is needed, arrangements will be made for the planning and delivery of treatment at The Carlo Fidani Peel Regional Cancer Centre. Often, the follow-up care for the patient is also done at WOHS. This service is open to new patients in the Brampton region.

"This service is of great benefit to patients," says Dr. Hayter. "It allows newly diagnosed cancer patients in the Brampton area to have a consultation and recommended follow-up care with a radiation oncologist close to home. The service saves patients the inconvenience and cost of travel to The Carlo Fidani Peel Regional Cancer Centre for consultation and follow up care."

Carol Hatcher, Manager of Oncology at WOHS, also sees this service as a great benefit in educating staff.

"It allows for direct regional collaboration between medical and radiation oncologists at both William Osler and Credit Valley Hospital," says Hatcher. "Just having the radiation oncologists on-site gives our staff a better understanding of radiation therapy and its role in the treatment of cancer."



(L-R): Dr. Charles Hayter, Radiation Oncologist, in clinic at Brampton Civic Hospital.

New Regional Leadership Role



The Mississauga Halton/Central West Regional Cancer Program has recently appointed Michael Durkacz to the new role of Manager, Regional Planning, Regional Referral Office and Regional Multidisciplinary Cancer Conferences.

"I am looking forward to continuing to build regional relationships with our partner sites and Cancer Care Ontario that will better our patients experience in the cancer continuum," says Michael. "Among several initiatives that I am involved in with my role, the addition of a regional patient referral office ties in nicely with our regional planning activities, and will allow us to continue to ensure patients have timely access to care."

Michael joined Credit Valley Hospital's Laboratory Medicine program in 1988 as a Medical Laboratory Technologist specializing in microbiology, and in 1997 became the Laboratory Information Systems Coordinator. In 2006, he moved into the role of Regional Planning Associate at The Carlo Fidani Peel Regional Cancer Centre and in 2010 assumed the role of Senior Regional Process Improvement & Planning Associate. In his previous role as Senior Regional Process Improvement & Planning Associate, Michael successfully lead many cancer program initiatives, including the recent merger of all cancer data at Trillium Health Partners' Credit Valley Hospital and Queensway Health Centre.

Contact Us:

Mississauga Halton / Central West Regional Cancer Program
mhcwrpc@cvh.on.ca
905-813-1100 ext. 3812
Trilliumhealthpartners.ca/Pages/regional-cancer-program.aspx