

CANCER NETWORK INSIDER

Mississauga Halton/Central West Regional Cancer Program Newsletter



A Message from the Regional Vice President

As Regional Vice President for the Mississauga Halton/Central West (MHCW) Cancer Program, I am pleased to provide an introductory message in our first official Regional Cancer Program newsletter, *Cancer Network Insider*.

We begin this New Year with renewal and excitement, but we should also take a moment to reflect on the incredibly productive Summer and Fall/Winter months of 2012.

Regionalization of cancer services began to take shape across the MHCW cancer program's partners in care: Halton Healthcare Services, Headwaters Health Care Centre, Trillium Health Partners, and William Osler Health System. As we are aligned with Cancer Care Ontario's *Ontario Cancer Plan III*, the MHCW cancer program is dedicated to ensuring our patients receive the same high quality services across the full spectrum of care, across our sites, close to home. Complete standardization of services and processes across our sites will take some time, but what has been achieved in a few short months has been inspiring. We have much to be proud of. Our radiation oncology wait times are still the best in the province, and feedback from our patients on their experience is above the provincial target. Their feedback is encouraging, and assures us that we're on the right track.

In 2013, we have some exciting new initiatives taking place. An innovative Brachytherapy radiation treatment unit will be available to patients as of April 2013 at Trillium Health Partners' Credit Valley Hospital. Housed in the Carlo Fidani Peel Regional Cancer Centre, the unit will first see patients treated for Endometrium and Skin Cancer, with future expansion to include Prostate, Cervix, and selected Thoracic Cancers. Our Diagnostic Assessment Programs for Breast, Lung/Thoracic and Hepato-Pancreatic-Biliary Cancer will also see some system enhancements, providing more efficiency that will aid in creating a better experience and outcome for our patients.

It's been a busy, yet exciting time in the Mississauga Halton/Central West Regional Cancer Program. I look forward to further enhancing an already stellar regional cancer program for our patients.

Sincerely,

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

About the Mississauga Halton/Central West Regional Cancer Program

The Mississauga Halton/Central West (MHCW) Regional Cancer Program oversees the delivery and quality of cancer services for residents of both the Mississauga Halton and Central West regions – including South Etobicoke, Mississauga, Halton Hills, Oakville, Milton, Bolton, Brampton, Caledon, Dufferin County, Malton, Orangeville, Rexdale, Shelburne and Woodbridge.

Cancer care and support is delivered through its partners in care: Halton Healthcare Services, Headwaters Health Care Centre, Trillium Health Partners, and William Osler Health System.

The MHCW Regional Cancer Program is one of 14 Regional Cancer Programs created by Cancer Care Ontario to ensure cancer care is delivered according to province-wide quality standards. Aligned with Cancer Care Ontario's *Ontario Cancer Plan III*, the Program is dedicated to ensuring patients receive high quality services across the full spectrum of care, close to home: Prevention, Screening, Diagnosis, Cancer Surgery, Psychosocial Support, Chemotherapy, Radiation Therapy, Palliative Care, End-of-Life Care and Recovery.



mississauga halton /central west
regional cancer program

in partnership with
cancer care ontario

Partners in Care:



Regionalization of Multidisciplinary Cancer Conferences

The Mississauga Halton/Central West Regional Cancer Program and its Regional Planning Team are successfully engaging their regional partners with the standardization and enhancement of Multidisciplinary Cancer Conferences (MCCs).

Trillium Health Partners hosts weekly meetings through videoconferencing capabilities, bringing together key members of the oncology program across the regional partner sites of Halton Healthcare Services, Headwaters Health Care Centre, Trillium Health Partners, and William Osler Health System.

MCCs are a forum for all clinical disciplines, including radiation and medical oncologists, pathologists, surgeons, and radiologists, to have an opportunity to discuss by tumour site

the best possible plan and treatment outcomes for a patient case.

Within the last year, partner hospitals were provided with funding to purchase a new videoconferencing system. With the upgraded system - which includes two 49 inch screens as opposed to the previous standard of just one - images and slideshows are more detailed and audio quality has greatly improved.

“Multidisciplinary cancer conferences greatly benefit physicians, but the impact on the patient can also be huge,” says Dr. Tom McGowan, Physician Director, Radiation Oncology, Mississauga Halton/Central West Regional Cancer Program. “Discussing a newly-diagnosed patient with cancer during these conferences helps ensure that all possible treatment options are considered in the management of

the patient. By informing individual patient treatment decisions, and educating participating physicians, MCCs are an extremely helpful tool in contributing to the highest quality of patient care offered by the MHCW regional cancer program.”

MCCs offer a unique opportunity for consultation of complex and cross-disciplinary cases across the Regional Cancer Program’s partner sites, promoting greater physician collaboration and education among colleagues. Ultimately, MCCs aid in ensuring all appropriate tests, treatment options and the most appropriate treatment recommendations, are identified for each patient.

Innovation at William Osler Health System Early Detection of Lung Cancer

William Osler Health System’s (WOHS) unique and innovative Early Detection of Lung Cancer Program has celebrated its one-year anniversary.

Implemented in February 2012 and initiated by Dr. Kashif Irshad, a Thoracic Surgeon specializing in Minimally Invasive Surgery at WOHS, this program is designed to help detect and treat early stages of lung cancer in its patients. Other champions of the program that are collaborating with Dr. Irshad include Dr. Marc Ossip, Chief of Radiology at Osler’s Etobicoke General Hospital, and Dr. Nimu Ganguli, Chief of Radiology at Brampton Civic Hospital.

For Dr. Irshad, the impetus in developing the first-of-its-kind program at WOHS was two-fold. The National Lung Screening Trial, published in *The New England Journal of Medicine* in 2010,

demonstrated a 20 per cent reduction in deaths among high-risk patients screened with low radiation-dose CT scans when compared to routine chest X-rays. Secondly, he had a personal connection after losing his father-in-law nearly two years ago to lung cancer.

“There has not been a system in place yet to assess, diagnose and monitor patients at high risk of developing lung cancer,” says Dr. Irshad. “With a vast majority of lung cancers at an early stage, this is an extremely important tool to impact the treatment of lung cancer. We can offer more patients a surgical cure.”

Did you know?

In Ontario, more people die from lung cancer than breast cancer, colorectal cancer and prostate cancer combined.

To date, there have been nearly 400 patients that have accessed the program. Patients between the ages of 54-75 who have a 30-pack year history of smoking, and no previous history of cancer, are eligible for enrollment in the Program. Once a patient is referred by their family physician, eligible patients receive a low dose CT scan, one-tenth the radiation



Program Originator, Dr. Kashif Irshad

of a full dose chest CT. Any concerning abnormality identified on the CT scan will trigger an immediate referral to the Solitary Indeterminate Pulmonary Nodule Clinic (SPIN), which assesses a patient within a two-week period. Since most lung nodules seen on CT scans are benign, the SPIN clinic ensures patients with benign disease are watched carefully, and those with malignancies are treated appropriately.

For more information please visit www.williamoslerhs.ca.

WELCOME TO
BETTY AND BUSTER LOCKWOOD
CANCER DETECTION AND TREATMENT CENTRE

Hepato-Pancreato-Biliary Diagnostic Assessment Program



Dr. Joseph Wen and Dr. Philippe Garzon of the HPB DAP program

1 stop shop

Established in April 2012, the Hepato-Pancreatic-Biliary (HPB) Diagnostic Assessment Program (DAP) is a one-stop shop for HPB patients, ensuring that the care and services provided are as close to home as possible.

The HPB DAP currently functions as a virtual DAP across Trillium Health Partners' three sites – the Patient Navigator books the patient appointment and any associated tests in the Diagnostic Assessment Unit at Credit Valley Hospital, the patient then accesses the multi-disciplinary cancer clinic at Queensway Healthcare Centre, and their subsequent

operation is done at the Mississauga Hospital.

The success of the HPB DAP is made possible through the leadership and passion of Drs. Philippe Garzon, HPB and General Surgeon, Trillium Health Partners, and Joseph Wen, General Surgery and Surgical Oncologist at Trillium Health Partners.

“This program brings excellent patient care close to home,” says Dr. Garzon. “In the past, HPB patients from our regions would typically have to travel to Toronto to receive their treatment. Now they have the incredible opportunity to access services close to home in Mississauga Halton and Central West.

“Liver surgery has become standardized and safer for the patient. And this is what is so important... to be able to provide efficient and effective care to our patients.”

The HPB DAP supports patients with malignancies involving the liver, pancreas, gallbladder, bile ducts and duodenum. It offers a single point of access for the patient, with coordinated diagnostic services, the multi-disciplinary expertise of an HPB surgeon, a radiation and medical oncologist, and patient information and psychosocial supports.

“We are now able to offer more patients surgical resection to rid them of their cancer,” says Dr. Wen. “Given the changing nature of this field, it's important to have all patients with this type of cancer have a proper assessment with the appropriate specialists.”

**For more information, please contact:
1-866-530-4464.**

March is Colorectal Cancer Awareness Month

As colorectal cancer awareness month approaches, the “*Cancer Screening Sees What You Can't*” campaign will run from January-March 2013. This campaign will raise public awareness, and encourage Ontarians age 50-74 to “*Make The Pledge*” and talk to their health care provider about screening, with a particular focus on colorectal cancer. An information and photo booth will be travelling throughout Ontario, stopping at various local events, including Ontario Hockey League games, to capture individuals who agree to take the pledge.

See below for colorectal cancer screening guidelines, recommended by Cancer Care Ontario.

- The ColonCancerCheck program recommends that you get screened for colorectal cancer with an FOBT kit every two years if you are between the ages of 50 and 74 and are at average risk for colorectal cancer. If you have a family history of colorectal cancer in a first degree relative (parent, sibling or child) the program recommends a colonoscopy to screen for colorectal cancer.

For more information on screening for colorectal, cervical or breast cancer, please visit ontario.ca/screenforlife.

Focusing on Survivorship Living Well Beyond Cancer

Life after cancer treatment brings its own challenges. The Carlo Fidani Peel Regional Cancer Centre at Trillium Health Partners' Credit Valley Hospital has just completed a 6-week self-management pilot program for cancer survivors and their caregivers, *Living Well Beyond Cancer*.

In collaboration with the Canadian Cancer Society, the Carlo Fidani Peel Regional Cancer Centre hosts the free weekly program that is offered in a 2.5 hour-long session in the evening each week over six consecutive weeks. The sessions are led by trained Peer Leader volunteers that have had cancer or their loved ones have had cancer.

"We are doing a tremendous job at supporting our patients throughout the treatment process, but we noticed a gap when it came to survivorship," says Maria Rugg, Manager, Supportive Care and Psychosocial Oncology, Mississauga Halton/Central West Regional Cancer Program. "This is one of many strategies we are working on, and the feedback we received about the pilot program has been extremely encouraging."

Living Well Beyond Cancer helps survivors and caregivers to focus their efforts on ways of making the best of their lives while living with and beyond cancer:

- Dealing with the emotional, physical and social aspects of living with and beyond cancer
- Managing symptoms, treatment side effects and medications
- Improving communication with healthcare team members and others
- Leading a healthy lifestyle, managing stress, setting goals and problem solving

For more information about the Living Well Beyond Cancer program, please call Monica Wiens at 905-813-1100 ext. 4862.

Patient Feedback Is Important To Us!

The Mississauga Halton/Central West Regional Cancer Program is dedicated to providing high quality cancer services across the full spectrum of care, close to home for our patients.

With your helpful feedback, we continue to enhance our services each day, ensuring the best cancer journey for all patients, their families and caregivers. Either through sharing your personal story to help others, by reviewing patient education materials, or participating in focus groups, your involvement can only make us better!

One such initiative that the Program is developing to enhance its services is through a Regional Patient and Family Advisory Council. This council would be made up of patients, caregivers and healthcare professionals interested in how the Program can best serve its community.

If you are interested in finding out more information about joining the Regional Patient and Family Advisory Council, or how to help us enhance our services, please contact Maria Rugg at mrugg@cvh.on.ca or 905-813-1100 ext. 5554.



Unique Brachytherapy Treatment for Patients

A unique method of radiation therapy is available to patients in Mississauga Halton and Central West. Brachytherapy, or "short distance" radiation therapy, makes it possible to treat cancer with a high total dose of radiation in a concentrated area for a short period of time. The treatment offers benefits for patients including:

- Effective, targeted treatment.
- Reduced treatment duration for certain cancer types.
- Minimized tissue damage.
- Highly-skilled Specialists.

"Brachytherapy at The Carlo Fidani Peel Regional Cancer Centre will increase the choice of radiation treatments for our patient population, furthering the optimization and personalization of cancer care in our region," says Dr. Sarah Rauth, Radiation Oncologist, Trillium Health Partners.

The new Brachytherapy program at Trillium Health Partners' Credit Valley Hospital will treat Endometrium and Skin Cancer, with future expansion to include treating Prostate, Cervix, and selected Thoracic Cancers.

For more information about the Brachytherapy program at the Carlo Fidani Peel Regional Cancer Centre, please visit www.trilliumhealthpartners.ca/patientservices/cancerservices.

Contact Us:

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905-813-1100 ext. 3812
Trilliumhealthpartners.ca/Pages/regional-cancer-program.aspx