

Ontario Cancer News



Alan Hudson appointed to lead wait times initiative

Dr. Alan Hudson has taken on a special assignment with the Ministry of Health and Long-Term Care related to waiting times and wait list management. The appointment was announced last week as part of the government's health transformation strategy. Dr. Hudson will work to engage key stakeholders in the five areas designated by the provincial government in relation to wait times: cancer, cardiac, hip and knee, cataracts and diagnostic imaging. **Dr. Terrence Sullivan** takes over as acting president and CEO of Cancer Care Ontario. [Read more](#) in this issue of *Ontario Cancer News*.

- [Wait list czar aims to end bottlenecks](#), Toronto Star, September 9, 2004



People news

Dr. Terrence Sullivan, chief operating officer of Cancer Care Ontario (CCO), has assumed the role of acting president and CEO of CCO, effective September 6, 2004. This expanded role for Dr. Sullivan follows **Dr. Alan Hudson's** acceptance of a special assignment for the Ministry of Health and Long-Term Care related to waiting times and wait list management.

Dr. Sullivan joined Cancer Care Ontario in 2001, and has held progressive positions in preventive oncology and research. Recently, he advanced to the position of chief operating officer. He is an associate professor in the Departments of Health Policy Management and Evaluation and Public Health Sciences at the University of Toronto.

From 1993-2001, Dr. Sullivan was the president of the Institute for Work and Health, a private, not-for-profit institute affiliated with the University of Toronto. Under his leadership the institute developed into North America's leading research centre on work-related injury. Dr. Sullivan has occupied senior roles in the Ontario ministries of Health, Intergovernmental Affairs, and at Cabinet Office. He served as assistant deputy minister, Constitutional Affairs and Federal Provincial Relations during the Charlottetown negotiations and he served two successive first ministers of Ontario as executive director of the premier's Council on Health Strategy, including a period as deputy minister (1991).

Dr. Sullivan is the author/editor of six recent books and numerous papers including *Strengthening the Quality of Cancer Services in Ontario* (2003), and *First Do No Harm: Making Sense of Canadian Health Reform* (2002).

Cancer Care Ontario and Sudbury Regional Hospital have appointed **Joe Pilon** as vice-president Regional Cancer and Clinical Services for a six month period effective July 5, 2004. This joint appointment was established to ensure the ongoing quality of cancer and clinical services at the hospital.

Mr. Pilon is a graduate of the University of Toronto with a Master of Health Science in Health Administration and a Bachelor of Science of Nursing, and has a wealth of experience in the health care industry. Most recently, he was the joint chief executive officer for the Espanola General Hospital and the Blind River & District Health Centre.

The search for a permanent vice-president Regional Cancer Program is under way, with an appointment expected this fall.

William Campbell has joined Cancer Care Ontario as provincial program director, Ontario Breast Screening Program. Mr. Campbell has a clinical background in nursing plus extensive experience in health policy development and corporate performance measurement systems and program evaluation. He has worked in a number of health care leadership positions, including the role of manager of Policy/Assessment at the College of Nurses of Ontario.

Mr. Campbell comes to CCO from the Management Board Secretariat of the provincial government, where he has been a senior policy advisor working with the Ministry of Health and Long-Term Care to incorporate performance measurement into business planning initiatives.



New resources aim to help boost fruit and vegetable consumption

Take 5: 5-10 a day...your way (Take 5) is a behavioural intervention program developed by Cancer Care Ontario to help women and their families learn to eat the recommended five to 10 servings of vegetables and fruit each day. The aim of the program is to promote good health and reduce the risk of cancer.

Designed for use in community settings, such as public health units and community health centres, the **Take 5** program uses discussions, activities, handouts and recipes to inform and educate women about food acquisition, preparation, storage and eating, and to stimulate them to change their behaviour. By targeting women age 25 to 45, who often decide what the whole family eats, the program is intended to reach their families as well. **Take 5** consists of six two-hour sessions and is delivered over the course of six consecutive weeks by a trained facilitator.

Take 5 is based on a large body of scientific evidence linking the consumption of five or more servings of a variety of vegetables and fruit each day to an overall decrease in cancer incidence of at least 20%.

(The World Cancer Research Fund and the American Institute of Cancer Research published an expert report in 1997, based on a meta-analysis of 4,500 studies. Their report, *Food, Nutrition and the Prevention of Cancer: a Global Perspective*, is available on-line.)

Pilot testing of the **Take 5** program took place through 12 public health units and community health centres across Ontario. Pilot sites were selected to reflect urban/rural, north/south, and multicultural perspectives.

Evaluation of the pilot showed a significant increase in vegetable and fruit consumption as a result of the program, a behaviour change that was maintained three months later. Read more details in the [evaluation report](#), available on Cancer Care Ontario's Web site.

The **Take 5** program is expected to contribute to the achievement of the Cancer 2020 goal for vegetable and fruit intake: By the year 2020, 90% of Ontarians will consume five or more servings of vegetables and fruit daily.

The **Take 5** program will be delivered throughout the province in both official languages. The English versions of the [Take 5 resources](#) are available now on Cancer Care Ontario's Web site.



Monograph aims to enhance outcomes for colorectal cancer patients

Cancer Care Ontario's Clinical Council has prepared a monograph on colorectal cancer in an effort to promote prevention, screening practices and the best treatment outcomes for colorectal cancer patients. **Focus on Colorectal Cancer in Ontario** also supports the strategic direction of Cancer Care Ontario by reinforcing its new focus on knowledge transfer, quality and accountability.

"The monograph provides actionable information to those directly involved in the care of colorectal cancer patients in Ontario and to those who plan and manage cancer services for colorectal cancer patients," says co-author Dr. Bill Evans, chief medical officer and provincial vice-president of Cancer Care Ontario. "Planning and managing cancer services based on the best practices outlined in this monograph will contribute to the best outcomes for people with colorectal cancer."

Colorectal cancer is the most common form of gastrointestinal cancer and includes cancers of both the colon and rectum. In 2003, it was estimated there would be 18,000 new cases and 8,300 deaths from colorectal cancer in Canada. In Ontario, it was estimated there would be 6,800 new cases and 3,000 deaths from colorectal cancer.

The 28-page monograph includes information on patterns of practice, timeliness of access to care, information on risk factors, screening recommendations, and an overview of the incidence and mortality trends for colorectal cancer in Ontario. **Focus on Colorectal Cancer in Ontario** is available on Cancer Care Ontario's Web site.

- [Focus on Colorectal Cancer in Ontario](#)

Guide helps patients with lung cancer



The Provincial Lung Disease Site Group of Cancer Care Ontario has prepared a guide to help newly diagnosed lung cancer patients and their families better understand lung cancer and treatment options.

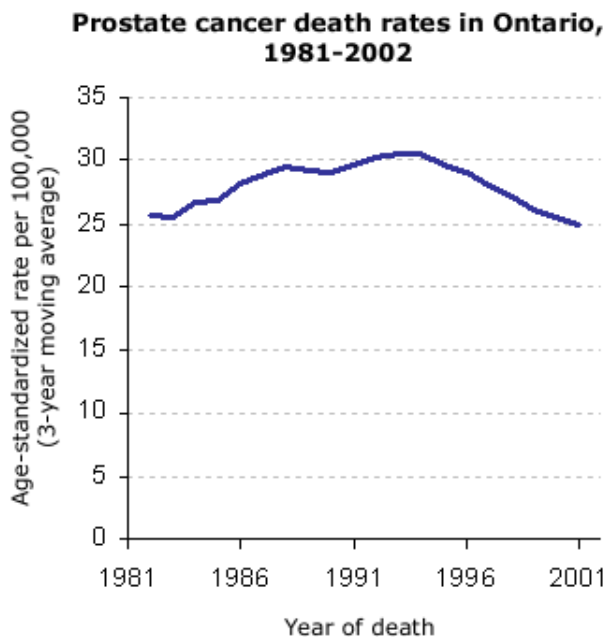
"The guide provides important information obtained from extensive research of available patient resources on lung cancer," says Dr. Bill Evans, co-chair, Provincial Lung Disease Site Group and chief medical officer and provincial vice-president of Cancer Care Ontario. "Newly diagnosed patients and cancer care providers evaluated the information and found the document to be clear, thorough and useful. We are confident the information will be a valuable aid to patients and will help engage them in decisions for their care."

Understanding Lung Cancer – A Guide for Patients and their Families was developed in large part due to the efforts of two former patient representatives of the site group. The document is available on Cancer Care Ontario's Web site. Physicians are encouraged to direct patients to the Web site or to print the guide for patients.

- [Understanding Lung Cancer - A Guide for Patients and their Families](#)

Ontario Cancer Fact

Prostate cancer mortality has fallen since the early 1990s, after an increase beginning in the 1980s. Current rates are 18% lower than in the early 1990s and similar to rates observed in the early 1980s.



Source: Cancer Care Ontario (Ontario Cancer Registry, 2004)

This decrease in mortality occurred at a time when prostate cancer incidence rates were increasing. The reasons for this trend are not clear. The decline may be due to earlier detection with the Prostate Specific Antigen (PSA) test. Although PSA testing has been available in Canada since 1986, its use became widespread only in the early 1990s. Changes in surgical, radiation, and hormonal therapy may also have contributed to the fall in mortality.

Neither Cancer Care Ontario nor the Canadian Cancer Society recommends screening men in the general population for prostate cancer with the PSA test. Research is under way to determine whether PSA testing leads to a reduction in prostate cancer mortality rates.

The Canadian Cancer Society does urge all men over the age of 50 years to discuss with their doctor the potential benefits and risks of early detection of prostate cancer using the PSA test (and digital rectal examination). Men at higher risk because of family history or those of African ancestry should discuss the need for testing at an earlier age.

For more information about prostate cancer in Ontario, see [Insight on Cancer – news and information on prostate cancer](#), talk to your health care provider or call the Canadian Cancer Society's Cancer Information Service (1-888-939-3333).

Coming this fall...



Next month, the Ontario Cervical Screening Program will launch an educational campaign during **Cancer of the Cervix Awareness Week**, October 24th to 29th. The campaign will be targeted at three hard-to-reach audiences: newcomers to Canada, women of low literacy and women living in poverty. Watch for more information next month. If you're interested in promotional materials, visit the [program's Web page](#) and look for "Resources".

Since it opened in 1990, the Ontario Breast Screening Program has screened over half a million women at clinics around the province and the mobile coach in Northwestern Ontario. To mark **Breast Cancer Awareness Month** in October, Cancer Care Ontario will release new statistics that highlight the benefits of organized screening. Watch for the news release in the October edition of *Ontario Cancer News*.

Connecting the dots: managing information better to enhance access to cancer care is the title of the second annual signature event sponsored by the Cancer Quality Council of Ontario. The event will be held in Toronto on November 22. Watch future issues of *Ontario Cancer News* for more details as they become available.

Contact Us

All enquiries and article suggestions should be directed to:

Christine Naugler
Public Affairs
Cancer Care Ontario
620 University Avenue
Toronto, ON M5G 2L7
phone: (416) 971-9800 x 1605
fax: (416) 217-1249
e-mail: publicaffairs@cancercare.on.ca

[return](#)

[Contact Information](#) | [Printable Newsletter](#) | [Subscribe](#) | [Unsubscribe](#) | [Copyright & Privacy Policy](#) | [Archives](#) | <%bottom_link_end%>