

Ontario Cancer News

Grand River RCC wins design award

The Grand River Regional Cancer Centre has been awarded a citation of merit from *Healthcare Design* magazine for their distinctively innovative and care-friendly building design. [Read more](#) in this issue of **Ontario Cancer News**.



Capital investments reap rewards for cancer centres and patients

Grand River RCC design recognized by Healthcare Design magazine

The Grand River Regional Cancer Centre (Kitchener) has been awarded a citation of merit from *Healthcare Design* magazine for their distinctively innovative and care-friendly building design. Chosen from 190 submissions from across North America, the centre was one of six winning designs that best demonstrated excellence in achieving project goals, innovation and high-quality design principles that support the overall quality of care.



The Grand River design will be published in the September 2005 Architectural Showcase Issue of *Healthcare Design*. This issue will feature projects that integrate current technologies, promote effective delivery of treatment, create an atmosphere that enhances patient and employee emotional well-being, and interaction with the local community.

Patient care and comfort at the heart of expanded Juravinski Cancer Centre (Hamilton)

Last week, the expanded Juravinski Cancer Centre celebrated its official opening. The \$58-million redevelopment included the creation of six new radiation suites, which opened to patients in March 2004, and a new chemotherapy suite, which began operating in February 2005. The radiation suites have the capacity to provide an additional 25,000 radiation treatments annually; the expanded chemotherapy suite increased the number of treatment spaces from 27 to 41, and incorporates an indoor garden. The project also included an expanded retail pharmacy with private counseling rooms and a separate clinical trials pharmacy.



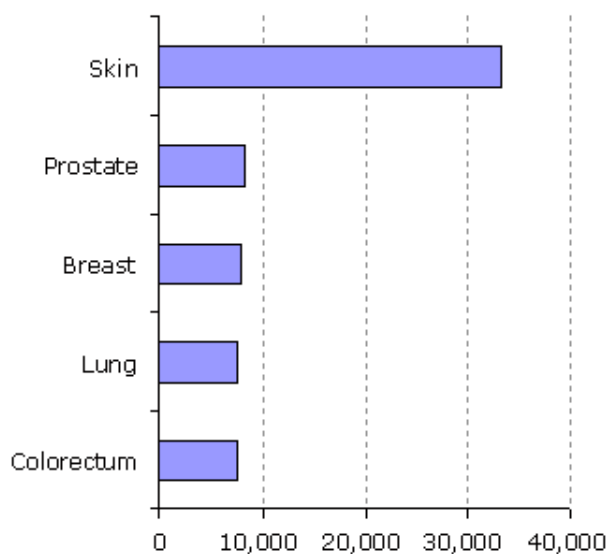
- [PDF](#) [View more photos of JCC](#)

Ontario Cancer Fact

Skin cancer alone accounts for about 1/3 of all cancers diagnosed in Ontario. About 1 in every 7 Canadians will get some form of skin cancer -- basal cell carcinoma, squamous cell carcinoma or melanoma -- during their lifetime.



Most common cancers in Ontario, 2005



Estimated number of new cases

Source: Canadian Cancer Statistics 2005

* including melanoma

Ultraviolet radiation causes skin cancer. Most ultraviolet (UV) radiation exposure is from the sun, although tanning equipment also emits harmful UV rays. At Ontario's range of latitudes, solar UV radiation is strongest -- and can therefore do the most damage to skin -- between May and August. Even when it doesn't feel hot, or when it's cloudy, there is plenty of UV during these months. The UV Index is a good guide to how strong the day's UV radiation is.

The best ways to reduce your chance of getting skin cancer are:

- Avoid the summer sun when it's highest in the sky - between 11 a.m. and 4 p.m.
- Seek shade when you are outside - or create your own
- Wear a wide-brimmed hat that shades the back of your neck, your ears and your face
- Wear clothing that covers your arms, back and legs
- Liberally apply broad-spectrum sunscreen with an SPF of at least 15 to exposed skin
- Never use tanning equipment
- It is also a good idea to wear UV-protective sunglasses when in the sun.

Remember, when the UV Index is 6 or 7 (high), full protection is required. If it is 8 or more (very high), extra precautions are required.

Please see [*Understanding the UV Index can help you reduce your risk of skin cancer*](#) or visit the [Environment Canada Web site](#).

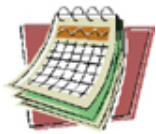
For more information, talk to your health care provider or call Cancer Information Service (1-888-939-3333).



Fourth monograph in Insight on Cancer series now available

Cancer Care Ontario has released the latest in its *Insight on Cancer* series, produced with the Canadian Cancer Society. *Insight on Cancer: Environmental exposures and cancer* reviews published and official reports related to selected environmental exposures and cancer risk. The report includes commentary from experts on the issues facing researchers in this area of cancer risk research.

-  [Download Insight on Cancer: Environmental exposures and cancer](#)



Upcoming events

Medical Imaging: The Vision for New Medical Advances, July 7, 2005

The Canadian Organization of Medical Physicists (COMP) will host a free public lecture by Dr. Michael Bronskill on July 7. *Medical Imaging: The vision for new medical advances*, will highlight how medical physicists contribute to the detection, diagnosis and treatment of cancer, neurological and heart diseases. Specific magnetic resonance images will be shown that will highlight an exciting advance made by medical physicists in the area of breast cancer detection.

The lecture—part of COMP's 51st annual conference—will be held at McMaster University's Michael deGroote Centre for Learning and Discovery. The hour-long lecture begins at 8:30 p.m.

For more information, go to the [COMP Web site](#) or contact Nancy Barrett at execdir@medphys.ca.

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