

Colorectal screening saves lives

Colorectal cancer is the second leading cause of cancer deaths in Canada. The incidence rate of colorectal cancer among Ontario First Nations people is increasing dramatically. Rates for females have increased to a level similar to the rest of Ontario and for males the incidence rate is even higher. There is a 90% chance of curing colorectal cancer if it is caught early through regular, repeated screening.

Ontario's new colorectal cancer screening program

Most current data indicates, just 17% of Ontarians 50 years and older have had a Fecal Occult Blood Test (FOBT) and only 20% have been screened for colorectal cancer using any method. The Ontario Ministry of Health and Cancer Care Ontario announced a province-wide screening program in January 2007 called **ColonCancerCheck**.

The goal of ColonCancerCheck is to decrease mortality from colorectal cancer through early detection and treatment.

Where you can go for colorectal screening?

In April 2008, ColonCancerCheck FOBT kits will be widely distributed to family doctors. For patients

without a primary care physician, kits will be available at pharmacies and through Telehealth Ontario. The kit will include easy-to-read instructions and a pre-paid postage mail back envelope to return kits to a laboratory. If the results are negative, patients are simply reminded to take the test again in another two years. If the results are positive, indicating the possibility cancer, patients should be referred for a colonoscopy, by their doctor. If you don't have a family doctor, ColonCancerCheck will refer you to a health care provider for follow up care.

Colorectal Cancer Checklist

- Are you 50 years or older?
- Is there a family history of colorectal cancer?
- Do you live with bowel problems such as Ulcerative Colitis or Crohn's Disease?
- Is your diet high in fat, high in red or processed meats?
- Is your diet low in fibre, low in fruits and vegetables?
- Are you obese or physically inactive?
- Do you smoke?
- Are you a long term heavy alcohol user?

If you answered "YES" to any of the above questions, talk to your local health care provider. You might be at risk of developing colorectal cancer.

Feature Recipe *Venison Stroganoff (serves 8)*

1 kg (2 lbs) deer, moose or elk cut into 1 inch cubes
8 oz (2 cups) mushroom, sliced
15 ml (1 tbsp) vegetable oil
1 pkg dry onion soup mix
2.5 ml (½ tsp) garlic powder
0.5 ml (¼ tsp) oregano
60 ml (¼ cup) cornstarch
125 ml (½ cup) light sour cream or plain yogurt
dash pepper

1. In a large saucepan, brown meat in oil.
2. Stir in onion soup mix and add water (4 cups), garlic powder, pepper and oregano. Bring to a boil, then turn heat to low. Cook gently for 1½ hours or until meat is tender.
4. Mix cornstarch with a small amount of cold water (2 tbsp), then add to meat mixture. Stir and cook until sauce thickens.
5. Add sour cream or yogurt and heat it but not boil. Serve over noodles or brown rice.

Nutrition notes: This recipe has low fat (4g) and low calories (183 kcal) per serving.

Source: Penny Ross, Chinook Health Region, Lethbridge AB.

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Or visit: www.diabetes.ca/aboriginal/recipes.asp



Do You Know... What it is ?

Fecal Occult Blood Test (FOBT)

- FOBT is a screening test for colorectal cancer
- FOBT is a test that can be completed at home
- A small amount of stool is applied to a cardboard slide in the FOBT kit
- FOBT helps to find small amounts of blood in the stool, that cannot be seen
- If blood is found in the stool, it may indicate the presence of a cancer
- FOBT is recommended to be done every two years after age 50 for average risk patients



Community Learning Series (CLS):

Let's take a stand against colorectal cancer...now!

The Aboriginal Cancer Care Unit and our partner organization the Canadian Cancer Society (Ontario Division) has now completed its focus testing of the CLS materials. We are in the process of implementing the changes you recommended in the resource tools and manuals. In total, 54 service providers and 91 community members participated in six locations across Ontario, plus an additional 60 participants during the Toronto Powwow. Thank you to all who provided us with this important feedback.

Nurses, Community Health Representatives, health promoters, Life Long Care Workers and Canadian Cancer Society staff were among the service providers that participated. The participants told us they require basic information on colorectal cancer. We will fill some of this need for knowledge with the CLS materials which will be ready for implementation in 2008.

Aboriginal Health Care Service Providers - Colorectal Cancer Knowledge Surveys:

We asked tough questions and this is what we heard...

- 39% told us they had "some" knowledge about colorectal cancer, Where as:
- 56% told us they had "little to no" knowledge about colorectal cancer,
- 26% told us they spend "some to a lot" of time educating people in their community about colorectal cancer. Where as:
- 74% told us they spend "little to no" time educating people in their community about colorectal cancer.
- 93% told us they believe "some to a lot" that a colorectal cancer education initiative is needed for Aboriginal people.

What do these numbers tell us?

They tell us that we are on the right track and that we must continue to design culturally relevant Aboriginal specific education tools and resources that can be used by health service providers to increase the communities' knowledge and awareness around cancer.

Nbwaa kaa win (Wisdom) One of the Seven Grandfather Ojibway Teachings:

To cherish knowledge is to know WISDOM.

Recognize that colorectal cancer can be prevented. The power lies with you!

'Tobacco-Wise Creative Arts Contest'

During National Non-Smoking Week, January 20-26, Ontario Aboriginal Elementary School students were invited by the Aboriginal Tobacco Strategy (ATS) to participate in our 'Tobacco-Wise Creative Arts Contest'. Students have submitted posters, poems, and stories with messages highlighting the dangers of smoking. **Watch for the winners in the next edition!**

Please place community contact information here.

Tell us what you think!

Please give us your feedback on our newsletter. Or drop us a word if you have a personal story to share or topics you'd like to see in future issues.

doris.warner@cancercare.on.ca

For an electronic copy of this and past newsletters, visit:
www.cancercare.on.ca/index_AboriginalCancerStrategy.htm

Resources

Colorectal Cancer Screening:

In January 2007, the Ministry of Health and Long-Term Care, in collaboration with Cancer Care Ontario, launched a province-wide, population-based colorectal cancer screening program.

To learn more about the ColonCancerCheck program visit:
www.coloncancercheck.ca

To learn more about the Cancer Care Ontario's Colorectal Cancer Screening Program visit:
www.cancercare.on.ca/index_colorectalScreening.htm

TeleHealth Ontario:

TeleHealth Ontario offers free access to a Registered Nurse 24 hours per day 7 days a week.
Phone 1(866) 797-0000

You do not need to provide your health insurance number and all information is confidential.

For more information please visit:

www.health.gov.on.ca/english/public/program/telehealth/telehealth_mn.html

Healthy Eating/Active Living:

www.eatrightontario.ca

Learn about cancer prevention through doable tips on healthy eating and active living.

Aboriginal Traditional Teachings:

If you are interested in learning more about Aboriginal Teachings, please visit this interactive website that provides a number of oral teachings shared by Traditional Teachers.
<http://www.fourdirectionsteachings.com/>

If you are interested in any information or would like to find out more please feel free to contact our office.

Aboriginal Cancer Care Unit, Cancer Care Ontario

505 University Ave., 18th floor
Toronto, ON M5G 1X3
T 416-971-9800 ext. 3448
doris.warner@cancercare.on.ca

Take a look at our website for up-to-date information.

<http://www.cancercare.on.ca/english/about/programs/aborstrategy/aboriginal/>

JOACC PTO membership list

Nishnawbe-Aski Nation
Association of Iroquois and Allied Indians
Union of Ontario Indians – Anishnabek Nation
Grand Council Treaty #3
Independent First Nations
Métis Nation of Ontario
Ontario Native Women's Association
Ontario Federation of Indian Friendship Centres

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Cancer Care Ontario is an umbrella organization that steers and coordinates Ontario's cancer services and prevention efforts so that fewer people get cancer, and patients receive the highest possible quality of care.



aboriginal cancer
care unit

a cancer care ontario program