

Aboriginal Cancer Care Unit

Honouring the **Aboriginal Path** of Well-being

NEWSLETTER • June 2008

ColonCancerCheck

In 2007 Cancer Care Ontario (CCO) and the Ministry of Health launched a province-wide, population-based colorectal cancer screening program. ColonCancerCheck's mass media campaign began airing in April 2008 with television commercials promoting regular colorectal screening as part of one's overall health regime.

Within CCO, the Aboriginal Cancer Care Unit (ACCU) has been working collaboratively with ColonCancerCheck on an education strategy for medical providers and the public on colorectal cancer prevention and screening in Aboriginal communities across the province.

Cancer is the second most common cause of death in Aboriginal people. Colorectal cancer is one of the top three cancers affecting Aboriginal people and is on the rise, especially in First Nations men.

The ColonCancerCheck program provides funding to screen all average risk adults 50 years and older for colorectal cancer using the Fecal Occult Blood Test (FOBT) every two years and to screen those at increased risk using colonoscopy. Those at increased risk should be referred for a colonoscopy at the age of 50 years, or 10 years earlier than a first degree relative's cancer diagnosis, whichever comes first. A first degree relative is a mother, father, sibling or child.

Colorectal cancer has a 90% cure rate if caught early through regular repeated screening.

Talk to your health care provider or call the ColonCancerCheck information line at 1-866-410-5853 for further information.
www.coloncancercheck.ca

Get screened. It can save your life!

Attitudes Towards Colorectal Cancer Screening Amongst Aboriginal Males and Females Differs

Dr. Paul Ritvo, a research scientist with Cancer Care Ontario's (CCO) Research Unit, has reported on results from a study done in collaboration with the Aboriginal Cancer Care Unit (ACCU). It involved interviews with colorectal screening eligible Aboriginal males and females. Results were compared to a study being done with a randomly selected population of colorectal screening eligible individuals in Ontario.

Awareness of the availability of the Fecal Occult Blood Test (FOBT) and other colorectal cancer tests was fundamental in this study. The study focused on how the decision to get screened varies by gender. Findings indicate males tend to rely solely on their doctors advice, whereas females rely on both their doctor's advice and their own knowledge of screening programs. Aboriginal females were more likely to maintain consistent awareness of the importance of cancer screening while males are either not aware or lessen the importance of cancer screening relying on symptoms as the signal for the need for diagnostic testing. Findings from this study emphasize the importance of promoting colorectal cancer screening

NEWSLETTER FEEDBACK

The Aboriginal Cancer Care Unit (ACCU) values your input and is asking for your feedback on its quarterly newsletter publication in order to ensure it is meeting your informational needs.

A prize consisting of ACCU promotional items will be drawn each quarter. A winning entry will be selected each quarter from all of those individuals who enter their contact information at the end of the survey.

If you are reading the newsletter in hard copy and would like give us your feedback please visit: <http://www.cancercare.on.ca/accupub> and look for the newsletter feedback link.

To take the survey now click here 

Feature Recipe – Peach Crumble

1 can (798 ml)	peach halves in juice (drained)
1/3 (75 ml)	low-calorie sweetener with sucralose e.g. Splenda
1/4 tsp (1 ml)	cinnamon
1 1/4 cups (310 ml)	flour
1 1/4 cups (310 ml)	oatmeal
1/4 cup (60 ml)	brown sugar
1/4 cup (60 ml)	margarine, non-hydrogenated



- Pre-heat oven to 175 C or (350 F)
- In a medium bowl mix together peaches, low calorie sweetener and cinnamon. Set aside
- In a large bowl, mix flour, oatmeal and brown sugar. Cut margarine into pieces and add to the mixture. Mix with pastry blender or fork until the mix looks crumbly.
- Put half of the oatmeal mixture into a 2L or 8 inch lightly greased pan. Add peach mixture on top. Sprinkle remaining oatmeal mixture on top of peaches.
- Bake for 45 minutes or until hot and brown on top. Serve with low fat whipped topping or frozen yogurt if desired.

Makes 10 servings, 220 kcal per serving, 4 g protein, 36 g carbohydrate, 6 g fat

Source: First Nations Healthy Choice Recipes
Printed with permission from: The Chinook Health Region

Did You know...

...you can reduce your risk of getting colorectal cancer ?

You will reduce your risk of getting colorectal cancer, as well as many other diseases, if you lead a healthy lifestyle, including a diet filled with lots of fruits, vegetables and whole grains.

It will also help if you watch your weight, don't smoke, and don't drink alcohol excessively.

It is also very important to be screened regularly for colorectal cancer.

Community Profile

Miles To Go Circle of Cancer Support Celebrates its 10th Anniversary



In 1998, Sheila Maracle was battling ovarian cancer and needed support in dealing with her illness. Unable to find a support group near her home in Six Nations, she enlisted support from the local Community Health Representative and community members to begin a cancer support group. Sheila was interviewed for a story in the local newspaper, with the hopes that survivors would attend the group.

The group started out small, but Sheila did not give up, she knew there was a need in the community. The support group originally named *Miles To Go, Healing Circle* became a reality. In 2007 the group changed it's name to *Miles To Go Circle of Cancer Support*. Sadly, Sheila passed away in 2000, but her legacy of support lives on and *Miles To Go Circle of Cancer Support* is celebrating its 10th year anniversary.

Miles To Go participants are cancer survivors, caregivers, spouses and grandchildren. They meet every two weeks at the White Pines Complex Health Services in Ohsweken, Ontario. *Miles To Go* operates solely on fundraising and donations. Rosanne Wyman coordinates this group and ensures that requests for both emotional and financial support are addressed. *Miles to Go* takes each opportunity to educate and inform the local community on cancer and the importance of early detection through screening.

Aleda Green, Ohsweken, Ontario

Aleda Green is a sister, a mother of three and a grandmother to fourteen. She is also a colorectal cancer survivor and a participant in *Miles to Go*. When Aleda was diagnosed in 2001 there were no signs to indicate she had colorectal cancer. Aleda's treatment included surgery, chemotherapy and radiation. In 2004 Aleda was diagnosed with lung cancer yet despite her initial thoughts that cancer meant death, Aleda has proven herself wrong and is now proud to call herself a cancer survivor, and a long standing member of *Miles To Go Circle of Cancer Support*.

Art Contest Winners: Picture This



a \$500 gift certificate toward the purchase of sporting equipment for the school. Christian Island Elementary School was the lucky winner of this draw. The top three drawings in each category are also featured in the 2009 Aboriginal Tobacco Strategy Calendar.

2008 Contest Winners:

Grade category:

K-1 (art)
2-3 (art)
4-6 (art)
7-8 (art)
7-8 (writing)

Name:

Sydney Riley
Emily Schuylen
Gavin King
Noah Bennett
Alicia Wright

School:

Wiji Nimbawiyang Elementary
Standing Stone School
Christian Island School
Biidaaban Kinoomaagegamik
Biidaaban Kinoomaagegamik

Thanks to all the talented young artists and writers who sent in their art and written work! We hope you will continue to put your skills to good work by spreading the tobacco wise message.

Please place community contact information here.

Tell us what you think!

Drop us a word if you have a personal story to share or topics you would like to see in future issues.

doris.warner@cancercare.on.ca

For an electronic copy of this and past newsletters visit:

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

Resources

To learn more about colorectal cancer screening contact the ColonCancerCheck Program:
Visit: www.ColonCancerCheck.ca
or call: 1 866-410-5853

If you are interested in learning more about Miles To Go, Circle of Cancer Support contact
Rosanne Wyman
P.O. Box 825, Ohsweken, ON N0A 1M0
Visit: www.freewebs.com/milestogo
Email: milestogo@hwc.org
Call: 1-519-445-4477 or 1-519-445-2595

Upcoming Awareness Dates:
Prostate Cancer Awareness Week
September 15-21, 2008

Prostate cancer is the most frequently diagnosed cancer in Ontario. An estimated 10,673 men will be diagnosed with prostate cancer in 2008. This represents 31% of new cancer cases in men. For more information on prostate cancer visit Cancer Care Ontario at the website below:
<http://www.cancercare.on.ca/english/home/ocs/snapshot/ont-cancer-facts/prostate-rise/>

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

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

<http://www.cancercare.on.ca/english/home/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 the provincial agency responsible for continually improving cancer services. As the government's cancer advisor, Cancer Care Ontario works to reduce the number of people diagnosed with cancer and make sure that patients receive better care every step of the way.