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Upcoming Events:

1) HPV and Pap Competency Workshop

When: December 6, 2024 – morning

Location: Lakeridge Health – Corporate Office

920 Champlain Court, Whitby

Facilitator: Dr. Nathan Roth

Cost: \$100

For more information: <https://cercp.ca/upcoming-events/>

If interested, please email: centraleast.csp@lh.ca

2) The Durham Ontario Health Team, Primary Care Network Durham and Lakeridge Health's Department of Family and Community Medicine is hosting an interactive afternoon of networking and discussion.

The event welcomes guest speaker, Dr. Jane Philpott, Dean, Faculty of Health Science at Queens University and Author, Health for All: A doctor's prescription for a healthier Canada and Dr. Dominik Nowak, President, Ontario Medical Association

To Register: Register by clicking [HERE](#) to confirm your attendance and stay updated on event details!

Date: Friday, November 22, 2024

Time: 12:00 pm to 4:00 pm

- Between 12:00 – 1:00pm will be time to grab a light lunch, and meet with Jane, including a book signing starting at 12:15pm. Books will be available for purchase, or you can bring your own!
- The speaking engagement will start promptly at 1:00pm.

Location: Harmony Event Centre, 1011 Bloor Street East, Oshawa (attached to the Courtyard by Marriott)

Cost is Free! If you are able, please bring a protein food donation or clothing donation to help support [Durham Outlook](#) for the Needy.

Donations can include:

- Protein food donations: frozen meats would be greatly appreciated or canned proteins like tuna, chicken, lentils, chili, chickpeas, meat pasta sauces, peanut/almond butter.
- Clothing: warm clothing, large and XL long sleeve shirts, socks, hats, and gloves.
- Gift Cards: Grocery stores, Walmart

Regional Cancer Program Updates:

• **Celebrating the First-Ever Pet Scan at Lakeridge Health Oshawa!**

Durham Region's first-ever PET-CT scanner will soon open for patients at Lakeridge Health's Oshawa Hospital.

This means Durham Region residents will no longer have to commute to Toronto or Ottawa for access to lifesaving, diagnostic imaging services as it will soon be available close to home.

At this time, only referrals from Oncologists are being accepted as the machine is brought onto service. Please see attached patient information sheet.

- The **Canada Post service disruption** may affect the delivery of cancer screening letters and fecal immunochemical test (FIT) kits for colorectal screening.

It is asked that patients do not return the FIT kit in the mail and to rather drop off the completed FIT kit at a community laboratory collection centre. For more information and the latest updates on the Canada Post service disruption, please visit Canada Post at www.canadapost.ca/updates or the Canadian Union of Postal Workers at www.cupw.ca.

- **Did You Know? We are on social media.** Follow along as we share great information for community members. Feel free to re-share any of our content:

[facebook.com](https://www.facebook.com) [instagram.com](https://www.instagram.com) [linkedin.com](https://www.linkedin.com)

- **November is Lung Cancer Awareness Month.** This month aims to promote screening and the prevention of the disease. Lung cancer is one of the most common and preventable cancers. It is also the leading cause of cancer death in Ontario. Smoking is the biggest risk factor for developing lung cancer. About 72% of lung cancer cases in Canada are linked to smoking tobacco.

People who smoke are approximately 20 times more likely to develop lung cancer than people who do not smoke.

The longer a person smokes and the more cigarettes they smoke each day, the more their risk increases.

You can refer your patients to Health811 for free Nicotine Replacement Therapy (NRT) and counselling to help them stop smoking: <https://smokershelpline.ca/>

Spotlight on the Ontario Lung Screening Program (OLSP) Program:

The Ontario Lung Screening Program is Ontario's organized screening program for people at high risk of developing lung cancer. There are five hospitals in Ontario that host the OLSP, including Lakeridge Health Oshawa.

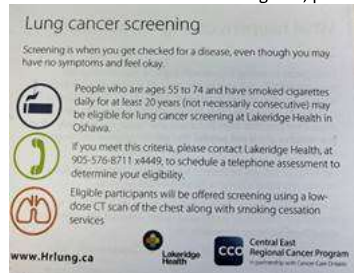
An individual may be eligible for the Ontario Lung Screening Program (OLSP) if they:

- Are between 55 to 74 years of age
- Have smoked cigarettes for 20 or more years over their lifetime (not necessarily in a row)
 - o Some with a significant smoking history may still qualify for screening even if they have already quit.

Individuals can call the Lakeridge Health Oshawa Lung Screening Program at 905-576-8711 extension 34449 to make an appointment with a nurse. The nurse will ask questions about smoking history to help decide if lung cancer screening is the right option.

https://www.cancercareontario.ca/sites/ccocancercare/files/assets/LungCancerScreening_ReferralForm.pdf

*Lung cancer screening tear-away pads are available. If interested in receiving one, please email: centraleast.csp@lh.ca



OH-CCO Updates:

- Now Available: **Ontario Health's new Social Determinants of Health (SDoH) Resource Guide** and **Ontario Health's Social Determinants of Health (SDoH) Framework**.

The framework and the new resource guide are tools to help organizations and **Ontario Health Teams (OHTs)** address the interconnected non-medical factors that affect our well-being. They include the conditions in which we are born, grow, work, live and age, such as income, education and housing. They also include the broader economic, political and social context.

This accompanying guide dives deeper into the framework's eight key evidence-based principles and offers actionable tools, resources, and real-world examples to drive a paradigm shift in care planning by focusing on what matters to individuals and moving upstream to address population health needs. Reflecting the collective feedback of health and social care partners and experts, the guide offers tangible steps and actions that organizations and OHTs can immediately begin putting into action in their care planning.

- **Breast Cancer Screening for People Ages 40 to 49: What You Need to Know:** On October 8, 2024 the Ontario Breast Screening Program lowered the starting age for screening from age 50 to age 40.

Helpful resources:

- o Screening recommendations: <https://www.cancercareontario.ca/en/types-of-cancer/breast-cancer/screening/ages-40-49-what-you-need-to-know>
- o Provincial OBSP locations and wait times: <https://www.ontariohealth.ca/public-reporting/wait-times>
- o Provider Conversation Guide (attached)
- o Primary Care Provider FAQ (attached)

Education Opportunities (Webinars/Workshops/Event Recordings) & Journal Articles:

Upcoming Education Opportunities:

Indigenous Cultural Safety Training:

(All sessions are 2 days from 10:00am-4:00pm)


To register: email Carter Sehn Csehn@lh.ca

If you would like a session for your practice group, please reach out to Carter Sehn (csehn@lh.ca) to arrange. We're happy to come to you with a minimum of 10 participants and a max of 25

Date	Location
December 19 & 20	Lakeridge Health – Ajax Pickering

INDIGENOUS CULTURAL SAFETY TRAINING



Developed by the Central East Regional Indigenous Cancer Program



Training designed for healthcare professional to provide more culturally appropriate care

- Training sessions are available every month
- In-person training sessions
- Admission is FREE

Contact Carter Sehn to register: csehn@lh.ca

Past Webinar Recordings:

Referring Patients to Oncology: <https://www.youtube.com/watch?v=yE2H6VC0Zpo>

Presented by: Durham Regional Cancer Program: Dr. Orit Freedman, Dr. Anthony Naassan, Dr Medhat El-Mallah, and Lynn Falt
Presented On: June 20, 2024

The Role of Adult HPV Vaccination to Prevent Disease: <https://www.youtube.com/watch?v=jXnITYV5Ph0>

Presented by: Dr. Nancy Durand
Presented On: September 9, 2024

Print/Promotional Materials/Community Engagement:

*Provided Free of Charge

If you are interested in receiving any free cancer screening and prevention promotional materials (i.e., posters, brochures, etc), please complete:

<https://forms.office.com/r/0GGFL7FNp3>

- All copies are also available in electronic format for waiting room screens, etc. Downloadable versions are available on <https://cercp.ca/healthcare-provider-resources/#health-promotion>.

Data / Reports:

- If you have suggestions on how we could improve cancer screening in our region, please email centraleast.csp@lh.ca
- November 2024 data can be found below and on our website: <https://cercp.ca/healthcare-provider-resources/#Data>
- Congratulations on making Significant improvements in the Ontario Cervical Screening Program.
The Central East Region is the **highest performing region** with High Grade Test with No Follow-Up within 6 months!

Data as of November 2024

Program	Indicator	Targets	Current Performance	Previous Quarter Performance	Difference	Overall Performance Scorecard
ColonCancer Check	Participation*	>75%**	60.6%	60.6%	0	Not Meeting Target
	Abnormal Test with no follow-up within 6 months	<18%	10.9%	10.8%	+0.1	Meeting/Exceeding Target
	Wait time between abnormal FIT and referral for colonoscopy	56 days	59 days	60 days	-1 day	Approaching Target (within 10%)
Ontario Breast Screening Program	Participation Rate	>=70%	61.7%	61.7%	0	Approaching Target (within 10%)
Ontario Cervical Screening Program	Participation Rate	85%	54.3%	54.5%	-0.2	Not Meeting Target
	Wait Time: High Grade Test to Colposcopy	70 days	74 days	91 days	-17 days	Not Meeting Target
	High grade test with no follow-up within 6 months	<=10%	8.4%	20.7%	-12.3%	Meeting/Exceeding Target

Overall Performance Scorecard	
Meeting/Exceeding Target	Meeting/Exceeding Target
Approaching Target (within 10%)	Approaching Target (within 10%)
Not Meeting Target	Not Meeting Target

Additional:

- REMINDER:** The Central East Regional Cancer Program Screening & Prevention Team's **website is now live:** <https://cercp.ca/>
 Website highlights include:
 - Information on cancer screening & prevention
 - Mammography site wait times and option of online self-referral
 - Cervical screening (pap) locations
 - Information for people without a Primary Care Provider
 - Printable/downloadable handouts
 - Patient story video testimonials
 - Resources for healthcare providers
 - Upcoming presentation dates and locations
 - Previous issues of the Regional Cancer Program Updates communique
 - And so much more!

- To subscribe or unsubscribe from this mailing list, please email centraleast.csp@lh.ca

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One System. Best Health.

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