

REDUCE YOUR CANCER RISK

FACILITATOR TOOL KIT
A RESOURCE PACKAGE FOR COMMUNITY HEALTH FACILITATOR

ACKNOWLEDGEMENTS

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Joan Stephens	Director of Education	CancerCare Manitoba Foundation
Kimberly Templeton	Recruitment & Health Promotion Specialist	Manitoba Cervical Cancer Screening Program
Katie Watters	Team Leader & Health Educator	Manitoba Breast Screening Program

INTRODUCTION

Each year, more than 9,000 Manitobans are diagnosed with in situ & invasive cancer and more than 2,800 cancer deaths will occur. One of CancerCare Manitoba's goals is to help empower Manitobans to make the appropriate lifestyle choices to reduce their risk of developing cancer and other chronic illnesses. The **Reduce Your Risk Facilitator Tool Kit** is a teaching resource for community volunteers and professional health educators in Manitoba that will help us to achieve this goal.

The **Facilitator Tool Kit** highlights guidelines and key health promotion messages of CancerCare Manitoba's Foundation "Bear Facts" and BreastCheck, CervixCheck and ColonCheck screening programs. The kit is designed to provide the health facilitator with the necessary tools and resources to educate the public about reducing their cancer risk.

The **Facilitator Tool Kit** contains CancerCare Manitoba's **Reduce Your Risk Video** which was developed to help facilitate the learning experience in the community. Interpreting health information can be difficult. The video clarifies current health messages for cancer prevention and screening to ensure we are all giving a consistent, evidence-based message to the community.

The **Reduce Your Risk Video** and presentation is appropriate for most audiences to increase awareness about lifestyle factors that can reduce one's risk of cancer. Limited access to health services and information about cancer may put certain segments of the population at an increased risk for the disease. As a health facilitator, we hope that you will help spread this important information to communities that we, at CancerCare Manitoba, may not be able to reach. There are groups of individuals that may especially benefit from the information contained in the **Reduce Your Risk Video** and **Facilitator Tool Kit**. Consider individuals who:

- Live in rural and northern communities
- Have immigrated from another country
- Do not speak English
- Do not have access to health information
- Have low socioeconomic status
- Live in remote areas
- Are unable to read our information
- Have no family physician

There are other factors that may prevent individuals from receiving or acting on health information. Consider that some individuals or families lack transportation or child care. They may have been embarrassed by a previous experience, have a fear of cancer, or perhaps they fear pain from a test. There are many ways that you, as a health facilitator, can help overcome the many challenges people may face when accessing health information. Presenting the tool kit to individuals at a facility where child care is provided can help remove the child care barrier. The resources can be used in the workplace to reach people that may be too busy to attend evening presentations. Lending the video to individuals to review the video in private will work for those who don't like to attend groups. As well, simply talking about barriers during your presentation can help individuals move along the road to making better health decisions.

FOR ASSISTANCE...

For assistance in responding to questions from your group participants, or for clarification about any of the materials appearing in this tool kit, please contact any of the following programs:



BreastCheck, CancerCare Manitoba
Brandy Pantel – Health Educator
Ph. (204) 788-8353
Toll Free. 1(800) 903-9290
E-Mail: brandy.pantel@cancercare.mb.ca



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CancerCare Manitoba Foundation (CCMF)
Joan Stephens – Director of Education
Ph. (204) 787-1377
Toll Free. 1 (877) 407-2223
E-Mail: joan.stephens@cancercare.mb.ca

To inquire about volunteer opportunities with CancerCare Manitoba Breast Cancer Centre of Hope, please contact:

Susan Kapilik – Volunteer & Community Based Information & Support Programs Coordinator
Ph. (204) 788-8020
Toll Free. 1 (888) 660-4866
E-Mail: susan.kapilik@cancercare.mb.ca

OBJECTIVES & LEARNING OUTCOMES

The **Reduce Your Risk Facilitator Tool Kit** is a resource to help health facilitators in the province facilitate education and awareness about screening and risk reduction for cancer in Manitoba. This package is intended to help the presenter prepare for his or her presentation.

After presenting the contents of the tool kit to your target audience, recipients of the presentation will be able to:

- identify risk factors for cancer
- identify lifestyle behaviors to lower their risk for cancer
- identify screening guidelines for each of CancerCare Manitoba’s screening programs (age and frequency)

The *Reduce Your Risk* Facilitator Tool Kit contains the following items:

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GETTING STARTED

- **Identify your audience.** The *Reduce Your Risk Video* and presentation is appropriate to deliver to any kind of group. You may wish to coordinate your own group, or you may wish to approach an existing group in your community (or they may approach you). Healthy Baby groups, parent groups, places of worship, book clubs, English as an Additional Language (EAL) classes, service clubs, cultural groups, a group of friends or relatives, seniors groups, work places and apartment resident groups are all appropriate audiences for your presentation.
- **Order resources.** Make sure you order enough resources, and that the type of resource is appropriate for the audience, ie. Portuguese translated brochures for a Portuguese audience. Resources are free through CancerCare Manitoba's Screening Programs. Allow for two weeks delivery time. See the *Reduce Your Risk Tool Kit* Order Form on page 32.
- **Identify a contact person.** You may need to communicate several times with this individual prior to the presentation.
- **Know your audience.** Find out how many people are expected at the presentation and get some background information about them, ie. age range, what language(s) do they speak, how many are expected to come, men and/or women to attend, etc.
- **Consider the length of time** you have for the presentation and prepare accordingly. Most presentations will take about 1 hour to 1 ½ hours.
- **Arrange for audio-visual equipment in advance.** Ensure the equipment is available and set up accordingly for your presentation.

REDUCE YOUR RISK VIDEO

CancerCare Manitoba's **Reduce Your Risk Video** addresses up to date health messages. The video is divided into four sections with approximately 5 – 8 minutes per section:

- Reduce Your Risk: Cancer
- Reduce Your Risk: Breast Cancer
- Reduce Your Risk: Cervical Cancer
- Reduce Your Risk: Colorectal Cancer

Users of the video may choose to view only one section or more as needed. The video is translated into 17 additional languages with English sub-titles. Sub-titles on all videos are also useful for hearing impaired viewers and English speaking individuals/facilitators when a translation is being viewed. The following languages are available to choose from:

DVD #1

- Chinese
- Cree
- English
- French
- Ojibwe
- Portuguese
- Punjabi
- Spanish
- Tagalong
- Urdu
- Vietnamese

DVD #2

- English
- High German
- Korean
- Low German
- Mandarin
- Swahili

DVD #3

- English
- Russian

PREPARING FOR YOUR PRESENTATION

- **Review all materials** including the presentation outline, activities, common questions and answers and resources.
- **Watch the video.** It covers the guidelines and key health messages of the CCMF “Bear Facts” and the CancerCare Manitoba breast, cervical and colorectal screening programs. Determine whether you will show certain sections of the video, or the entire video. Determine which language(s) you will require.
- **Clarify and concepts** you may be unsure about. If you have any questions about the content of the video or tool kit, please call any of the contacts listed in the introduction.
- **Order resources.** See the *ReduceYour Risk Tool Kit* Order Form on page 32. Determine which resources you need, the languages and quantities. Fill in the order form and fax it in to (204) 788-1594. Be sure to review all the resources prior to the presentation.
- **Be prepared for questions.** During your presentation, encourage questions and discussion after the video is shown and/or during the activities. You may find that most of their questions are answered in the video and/or discussions. Be sure to refer to the “Common Questions and Answers” section provided for you to review prior to the presentation. For questions you can’t answer, please refer them to the screening programs or indicate you will follow up with their question(s) at a later time.
- **Choose which activity you will facilitate.** You will find three activity suggestions to facilitate following the presentation of the video: a group discussion, a risk reduction action plan or coordinating a group trip. Choose one or more that you feel might work best for your group.
- **Practice.** Rehearse with a friend or family member. It will help you feel more confident going into the presentation.
- **Ensure you have all materials necessary:** writing utensils, resources, TV and DVD player, as well as photocopied handouts and group trip sign-up sheet.
- **Arrive early.** You may want some time to arrange the room and ensure the audio-visual equipment is working.

PRESENTATION AGENDA

1) **Introduction.** Introduce yourself and share with your group how you became involved with CancerCare Manitoba. If you've had a personal experience with cancer, you may want to share that with your group if you're comfortable doing so. If you don't have a personal connection, be sure to reinforce the importance of this health issue for all Manitobans.

2) **Icebreaker.** Have the participants in the group introduce themselves. Ask them to share their name and something they hope to get out of the presentation.

3) **Show the video.** Remind participants that they have the right to feel safe and in control and can ask the health care provider to stop the test at any time. You may want to break up the video with an activity, or review the program materials in-between sections of the video.

4) **Activity suggestions.** Choose one or more of the following activities to facilitate to your group. One may be more appropriate than the other depending on the nature of your group.

- a. Group Discussion
- b. Risk Reduction Action Plan
- c. Coordinating a Group Trip

5) **Distribute materials.** You will want to briefly review the materials you are distributing. Encourage your group to follow up with each program to clarify any concepts or answer any questions.

6) **Evaluation.** Once you have completed your presentation, please photocopy and fill out the **Reduce Your Risk Presentation Summary** form and fax or mail it back to CervixCheck at (204) 779-5748.

ACTIVITY SUGGESTIONS

The following section provides you with three activity suggestions to help facilitate the learning outcomes for the ***Reduce Your Risk Facilitator Tool Kit***. Choose one or more of the following activities to deliver to your group. One may be more appropriate than the other depending on the nature of your group.

A) GROUP DISCUSSION

The purpose of the group discussion is to shift people from *thinking* about changing certain behaviors to *acting* on those thoughts.

In your discussion, be sure to emphasize the risk reducing factors that are featured in the video. If, in the discussion, there are questions that you cannot answer, tell the group that you will refer their questions to CancerCare Manitoba, and follow up with them at a later time. Individuals who may have concerns about their own personal health should be encouraged to speak to their health care professional.

If a chalk board or flip chart is available in the room, you may consider writing down the responses provided by your group participants. This helps to validate each individual response offered.

The following questions should be addressed in your discussion:

- **What are you already doing to reduce your risk of cancer?**
 - If your group is small, ask everyone to name one thing they are currently doing to reduce their cancer risk. If the group is very large ask the group to **think** of one thing they are currently doing and then ask if anyone is willing to share their response with the group. Gather 5 to 10 suggestions. Acknowledge/reinforce the positive actions already being taken.

- **What do you need to do that you are not doing now?**
 - If your group is small, ask everyone to name one thing they could do to reduce their cancer risk that they are not doing now. If the group is very large ask the group to **think** of one thing they could do and then ask if anyone is willing to share. Gather 5 to 10 suggestions. Acknowledge/reinforce the positive actions being considered.
 - Ask the group if there are things (barriers) that prevent them from making changes?
 - Ask the group if there are any solutions to those barriers. (It's OK not to have answers or solutions to the barriers. We want people to start thinking about actions and thinking about possible solution and making changes).

- **What did you learn in the video that you did not know before?**
 - If your group is small, ask each person to share something they learned from the video that they didn't know before. If the group is very large ask the group to **think** of one thing they learned from the video that they did not know before. Then ask if anyone is willing to share. Gather 5 to 10 suggestions.

B) RISK REDUCTION ACTION PLAN

The purpose of the Risk Reduction Action Plan is to encourage individuals to reflect on their own lifestyle behaviors and consider what more they can do to reduce their risk of cancer.

Photocopy and distribute “Your Risk Reduction Action Plan” handout (on the following page) to each participant in the group. Allow 5 to 10 minutes for the group to respond to the questions. Once everybody has completed the handout, ask if anyone is willing to share some of their reflections.

If a chalk board or flip chart is available in the room, consider writing down the responses provided by your group participants.

C) COORDINATING A GROUP TRIP

A Group Trip involves coordinating a group of participants from your presentation and/or your community to attend a clinic for a Pap test or a Mammogram. You may also be able to register the eligible members of the group to receive a Home Screening Kit and get screened for colorectal cancer. The video presentation provides a great foundation to initiate a group trip since many questions about screening may be answered in the video. As well, attending screening as a group can make for a fun, interactive day, where the women can support each other in everybody's efforts to take care of their health. There may be different procedures for coordinating a group trip depending on whether you are in Winnipeg or in Rural Manitoba. Instructions for coordinating a group trip in either location are provided.

BREAST SCREENING: COORDINATING A GROUP TRIP

Take a Trip for Health: a Trip Planner for Community Organizers

The goal for the BreastCheck Program is to save lives by finding breast cancer as early as possible. The program has four fixed sites located in Winnipeg, Brandon, Thompson and Morden/Winkler as well as mobile units that travel to 90 locations throughout Manitoba.

Here is how it works:

- In rural or northern Manitoba, call our toll free appointment line **1 (800) 903-9290** and reserve the number of appointments you need. In Winnipeg call **(204) 788-8000**. Sometimes we book 6 – 8 weeks in advance so call early to get the date you want.
- In order to confirm an appointment, we need the information on the attached form for each woman. You can ask them to fill it out or interview them.
- Please fax, mail or phone in the forms to us **at least 1-2 weeks** before your group comes or sooner if possible.

Who drives?

Communities have been very creative with the driving.

- Some groups car-pool.
- Many communities have a handy-van where women pay a small fee per person for the use of the handy-van. Community organizers can call their local handy-van and arrange a day.
- Some communities have medical cars that travel to nearby towns on a regular basis.
- In Winnipeg we have a donated mini-van that holds 6 passengers. The program will arrange for a volunteer driver.

Is it worth the trip?

Yes. Each year the program screens about 46,000 women and between 180 and 205 breast cancers are detected. Most of the breast cancers are found at an “early stage” and in women that show no signs or symptoms of breast cancer.

Local communities are making a difference in the fight against breast cancer!

Please send the following information with the completed forms for your group.

Group Coordinator: Name: _____ Phone: _____

Address: _____

This group is being organized for (name of group or town): _____

We have reserved (#) _____ appointments for (date) _____

The first appointment is at (time) _____ and the last is at (time) _____

BREAST SCREENING: GROUP TRIP BOOKING FORM

IMPORTANT: Please fax the booking forms to (204) 788 – 1594 (Attention: Teresa, Mobile Clerk) at least 7 days prior to your trip so we have time to make and send files to the mobile site. We cannot accept anyone without a booking form!

Please check one: First visit to BreastCheck (mobile or other BreastCheck location)
 Return Visit to BreastCheck

BSPN# (from letter or list): _____

First name: _____

Last name: _____

Home address: _____

Middle name: _____

Postal code: _____

City: _____

Work phone#: _____

Home phone#: _____

PHIN#: _____

MHSC#: _____

Where is your birthplace? _____

Date of birth: _____

Any special needs we should be aware of?
Eg. Wheelchair _____

Family doctor: _____

ELEGIBILITY QUESTIONS

A) Do you currently have breast implants? _____

C) Have you ever had breast cancer? _____

B) Have you ever had a mammogram before? _____

D) Are you currently having any problems
with your breasts? _____

If yes: How long ago? _____
Where? _____

(If yes, choose one of the following)

1. Radiology Consultants (Medical Arts Bldg.)
2. Manitoba X-Ray (3263 Portage Ave.)
3. Health Sciences Centre
4. St. Boniface General Hospital
5. Thompson General Hospital
6. Brandon General Hospital
7. Boundary Trails Health Centre
8. Winnipeg
9. Out of province

1. changes in nipples/skin
2. discharge from nipple
3. new lumps

APPOINTMENT DATE: _____

APPOINTMENT TIME: _____

SCREENING LOCATION: _____

Reminder call will be done by community (Not Telenium)

CERVICAL SCREENING: COORDINATING A GROUP TRIP

In order to increase access to cervical screening, CervixCheck works with communities and local health care providers to offer walk-in, no appointment Pap test clinics. As a health facilitator, we hope that you will work with CervixCheck and the health services in your community to initiate and sustain these services in order to improve access to screening services for women in your area.

Winnipeg and Rural Manitoba Options

To see a list of clinics in Winnipeg and Rural Manitoba offering walk-in Pap test clinics, visit the CervixCheck website at www.TellEveryWoman.ca and click on “Where can I go?” If there are no clinics listed in your area, call Lesley Dyck (Health Promotions Specialist) to arrange for a clinic to host your group.

It’s easy to coordinate a Group Trip:

- 1. After you have shown the video to your group, explain to them what a group trip is, and that they have the opportunity to get a Pap test.** Be enthusiastic about the trip, and encourage the women to sign up. Let them know that transportation will be provided, and that they should expect to be picked up.
- 2. Distribute the *group trip booking form* to the participants of your presentation.** Ask each participant who wishes to sign up for the trip to fill in the required boxes.
- 3. Arrange a time with the clinic by contacting Lesley Dyck, Health Promotions Specialist, at (204) 788-8627 or toll free at 1 (866) 616-8805.**
- 4. Fax the completed booking forms to Lesley Dyck at (204) 779-5748.** Confirm by phone that the fax was received.
- 5. Coordinate transportation.** If transportation cannot be coordinated, contact the Health Promotions Specialist at CervixCheck.
- 6. Closer to the date of the group trip, call each participating woman to remind them of their pick up time.**

CERVICAL SCREENING: GROUP TRIP BOOKING FORM

Group Leader Name: _____ Phone Number : _____

Clinic Name & Address: _____

Cultural Group: _____ Date of Clinic: _____ Time of Clinic: _____ to _____

**ONLY women who have NOT had a Pap test in the last two years qualify
for a CervixCheck Group Trip.**

Last Name:	First Name:
MHSC:	PHIN:
Date of Birth (day/month/year):	
Phone #:	Postal Code:
Address:	City/Town:

Last Name:	First Name:
MHSC:	PHIN:
Date of Birth (day/month/year)	
Phone #:	Postal Code:
Address:	City/Town:

Last Name:	First Name:
MHSC:	PHIN:
Date of Birth (day/month/year)	
Phone #:	Postal Code:
Address:	City/Town:

Last Name:	First Name:
MHSC:	PHIN:
Date of Birth (day/month/year)	
Phone #:	Postal Code:
Address:	City/Town:

Fax to Lesley Dyck at (204) 779-5748.

COLON CANCER SCREENING: COORDINATING A GROUP MAIL OUT

How to register your group to receive a home screening test in the mail:

Please distribute the **Colon Cancer: the time to Check is before your have symptoms** pamphlet and review the eligibility for ColonCheck.

The home screening test is for men and women between the ages 50 – 74 who have **not**:

- completed a home screening test in the past 2 years, or
- had a colonoscopy in the past 5 years

Ask the people who want to receive a test kit in the mail (for themselves or other eligible household members) to fill in the request form at the back of the pamphlet.

Collect the completed request forms and mail them to our office at the end of each week. Each request form is postage paid, so just drop them in any mailbox.



Questions? Call 1 (866) 774-8961 and ask for Chris Curle.

COMMON QUESTIONS & ANSWERS

The following section provides you with responses to the most frequently asked questions about screening for cancer. Questions and answers are provided for each screening program at CancerCare Manitoba. Reviewing these frequently asked questions prior to your presentation will help prepare you for some of the questions that may not have been addressed elsewhere in the *Reduce Your Risk Video* or presenter outline.

If you are having any difficulty at all answering questions please refer to the following persons:

BreastCheck, CancerCare Manitoba

Brandy Pantel – Health Educator

Ph. (204) 788-8353

Toll Free. 1(800) 903-9290

E-Mail: brandy.pantel@cancercare.mb.ca

CervixCheck, CancerCare Manitoba

Lesley Dyck – Recruitment and Health Promotion Specialist

Ph. (204) 788-8627

Toll Free. 1 (866) 616-8805

E-Mail: lesley.dyck@cancercare.mb.ca

ColonCheck, CancerCare Manitoba

Christine Curle – Health Educator

Ph. (204) 788-8479

Toll Free. 1 (866) 774-8961

E-Mail: christine.curle@cancercare.mb.ca

BREAST SCREENING: COMMON QUESTIONS & ANSWERS (p. 1)

What can women outside the screening age range do for their breast health?

Mammograms are not generally recommended for most women under age 50 in Manitoba unless you have a strong family history. If you have a strong family history or if you notice something that is not normal for your body, please talk with your health care provider about your concern. Women of all ages need to:

- Eat well, be active, maintain a healthy weight and limit alcohol to 1 drink or less per day
- Know how their breasts normally look and feel
- Ask their doctor about how often to have a clinical breast exam
- Be familiar with the signs and symptoms of breast cancer found on the shower card

Women under age 50 must see their doctor to get a referral for a mammogram in Winnipeg, Brandon, Thompson, Morden/Winkler (Boundary Trails). They may be sent to a **diagnostic centre** where mammograms are done for women who have problems and/or who are outside the screening program age range. In Thompson and Morden/Winkler, the diagnostic centres and screening centres are combined.

Age exceptions are made at mobile breast screening sites in rural and northern Manitoba because there are no local clinics that do mammograms. Women ages 40-49 require a doctor's referral to attend a mobile site.

What are recommendations for women with a family history of breast cancer?

Women who have many relatives on the same side of the family who were diagnosed at a young age with breast cancer often begin mammograms at an earlier age. They should talk to their Doctor or nurse practitioner about starting mammograms earlier and refer to the *Decision Aid for Women Aged 40 and Older* available from BreastCheck or online.

What do I say to women who are not happy with the doctor's recommendation?

If a woman has a problem (eg. growing breast lump) that doesn't go away, it is important to return to the doctor and let him/her know. If you are still not happy, you can ask the doctor to refer you for a second opinion. Women are able to seek a second opinion at the Breast Health Centre for breast problems, without a doctor's referral. The Breast Health Centre can be reached at (204) 235-3906 or 1 (888) 501-5219 and is located at 100-400 Tache Avenue in Winnipeg, Manitoba.

Who can go to the BreastCheck group trips?

Any women 50 years of age and over can participate in group trips to BreastCheck.

Isn't the doctor visit enough?

75% of the breast cancers found at the breast screening program are too small to be felt by a trained doctor or nurse. Most women 50 years of age and over should go for regular mammograms.

How do I access screening services without a doctor referral?

A doctor's referral is not necessary for women aged 50 and over to attend BreastCheck. Please call 1-800-903-9290 or 788-8000 to book your own appointment.

BREAST SCREENING: COMMON QUESTIONS & ANSWERS (p. 2)

How does the use of birth control or HRT increase cancer risk?

Some evidence suggests that the use of the birth control pill may **slightly** increase your risk of developing breast cancer. However, research also shows that birth control pills reduce a woman's risk of developing endometrial and ovarian cancers. However, your risk returns to normal within 10 years of stopping the birth control pill.

Certain types of HRT (hormone replacement therapy) **are** linked with an increased risk of breast cancer. Talk to your health care provider to discuss what is right for you.

We do **not** know if birth control injections, topical patch or vaginal ring will increase breast cancer risk as they are too new to have been tested in long term research studies.

What about environmental causes of breast cancer?

There is a link between environment and cancer. Smoking is the best example of an environmental cause of cancer. However understanding all the links is difficult because it is a difficult topic to study. The research is inconsistent. Some studies say that pesticides/pollution/industrial chemicals cause cancer and others say there is no proof. We know that certain occupations have higher risk for cancer (firefighters, people who have/had exposure to asbestos, miners etc). It is important to use home and work chemicals cautiously and follow all safety instructions; wash fruit and vegetables well.

The link between breast cancer and environment is less well established. The other risk factors (age, whether you have had children, age at menses) play a more important role.

Does deodorant cause breast cancer?

No. There is a lot of wrong information on this topic being circulated by e-mail. There is no good scientific evidence of deodorant causing breast cancer. It is true that there is more breast cancer in the upper outer quadrant of the breast (including armpit area) but that is because there is more breast tissue in that area. The American Cancer Society has good information on this topic on their website.

Cancer treatment and support questions:

Can cancer come back?

Yes, cancer can return. The rate or how likely it will come back is different from one cancer to the next. Each person's situation is individual. Breast cancer survival rates are very high. For example, if 100 women get breast cancer, 86 will still be alive five years after diagnosis. Treatment (chemotherapy, radiation, surgery) and early detection are the reasons more women are surviving.

Can breast cancer return after a mastectomy?

A breast cancer is made up of many tiny cells that join together to form a lump or a mass. Sometimes these cells move away from the lump and go to other areas in the body. A mastectomy removes the breast but cannot remove those cells that may have gone somewhere else. That is the reason that breast cancer may come back elsewhere in the body. We call this spread or metastasis of the cancer. Sometimes the cancer comes back right in the area where the surgery scar is. This is not a spread of the cancer but the cancer coming back in the same spot, known as a recurrence.

BREAST SCREENING: COMMON QUESTIONS & ANSWERS (p. 3)

What is the best treatment?

It is important to remember that not all cancers are the same. Some are more aggressive than others and some are found in earlier stages when the chance for cure is higher. Each person is looked at on an individual basis. Often, the best treatment is a combination of treatments. With breast cancer, common treatments are surgery, chemotherapy, radiation and hormone therapy. Benefits are achieved with treatment but there are also side effects. Because of this, treatment would not be offered if there was no benefit. In some cases, treatment may cure and in other cases it may only give a patient more time. It is important that each woman understand her own situation. If a woman (or man) has breast cancer, the Breast Cancer Centre of Hope will spend the time to explain and counsel. They can help arrange an interpreter if there are language difficulties and can be contacted at (204) 788-8080.

What kind of support is there for people with cancer who are immigrants?

If a woman has breast cancer, CancerCare Manitoba has counselors available to help. The Breast Cancer Centre of Hope is a program of CancerCare Manitoba where a **nurse educator** will spend time explaining surgery and treatment options and recommendations, provide emotional support and to make referrals to other individuals in the program who can help. One of those people may be a **volunteer** who has gone through the same type of surgery and treatment for breast cancer. Another example may be a **social worker** to assist with concerns related to their family, work or more specifically to their emotional concerns. Another example is a **support group**. The contact number for the Breast Cancer Centre of Hope is (204) 788-8080 or toll free at 1 (888) 660-4866.

An interpreter can be arranged for an appointment with a doctor, nurse, or counselor if there are language difficulties or if patients prefer to receive information in their own language. Ask the health worker to arrange an interpreter if you would like one. There is not cost.

CERVICAL SCREENING: COMMON QUESTIONS & ANSWERS (p. 1)

What causes cervical cancer?

Human Papillomavirus (HPV), a very common sexually transmitted infection, can cause changes on a woman's cervix which may lead to cervical cancer. Other types of HPV may cause genital warts. 3 out of 4 people will come in contact with HPV at some point in their lives. You can get HPV easily from oral, genital or rectal sex or intimate touching. You can spread HPV even if you are not aware of any symptoms. Condoms may not always protect you against HPV. Warts or cervical changes may happen years after getting HPV. Currently in Manitoba, the Pap test is the only way to find out if a woman has abnormal changes on her cervix due to HPV. Regular Pap tests with follow-up of abnormal changes can prevent most cancer of the cervix.

Is one sexual partner really all you need to put yourself at risk for cervical cancer?

Yes.

When should I have a Pap test?

You should have a Pap test within three years of becoming sexually active. Most women need a Pap test every two years. Talk to your doctor about what is best for you.

Is there a vaccine for Human Papillomavirus (HPV)?

Two HPV vaccines, Gardasil and Cervarix, have been approved for use in Canada. Gardasil provides protection against HPV 16, 18, 6 and 11. Cervarix provides protection against HPV 16 and 18. HPV 16 and 18 cause over 70% of all cervical cancers. HPV 6 and 11 cause 90% of all genital warts. Gardasil is given in three doses over six months and cannot be used to treat existing HPV infections. Gardasil is approved for males and females between the ages of 9 and 26. It is free for grade six females through the HPV Immunization Program, females who are born on or after January 1, 1997, and children who are part-way through an immunization series in another province or territory in Canada. Ask your doctor where you can get the vaccine outside the immunization program.

Do I still need Pap tests if I have had the vaccine?

Yes. You still need to have regular Pap tests as the vaccine does not protect against all types of HPV that can cause cervical cancer.

If my Pap test is abnormal, does it mean I have cancer?

No, it does not. In most cases, cancer is not the reason for an abnormal Pap test. The most common reason is an infection of your vagina or cervix. Most of the time, abnormal cells detected by a Pap test will disappear on their own without any treatment. In some cases, however, these abnormal may need to be treated. Most women who have abnormal Pap test results and who have follow-up tests and/or treatment will never get cancer of the cervix.

If I am post menopause, do I still need a Pap test?

Yes. A post-menopausal woman should continue to be screened regularly. A woman may be able to stop having Pap tests at age 70 if she has had 3 or more negative Pap test results in the previous 10 years and has had no change in her partner.

I've had a hysterectomy. Do I still need a Pap test?

Maybe. A woman who has had a hysterectomy should meet several conditions before she can discontinue screening. Speak to your doctor about what is right for you.

CERVICAL SCREENING: COMMON QUESTIONS & ANSWERS (p. 2)

Where can I go for a Pap test?

Ask your health care provider (family physician or nurse) for a Pap test. If you need a family doctor, call the Family Doctor Connection Line at (204) 786-7111 or 1 (866) 690-8260. There are a number of places in Winnipeg and rural Manitoba that you can go for a Pap test. Visit the CerxCheck website at www.TellEveryWoman.ca and click on “Where can I go?”

COLON CANCER SCREENING: COMMON QUESTIONS & ANSWERS (p. 1)

How do most colorectal cancers (CRC) start?

- Most colorectal cancers start as a polyp. But most polyps do not become cancerous.
- Polyps are non-cancerous growths that can be found in many parts of the body including the colon.
- Polyps can bleed into the colon or rectum.
- Polyps are often shaped like a mushroom. They may be as small as a pea or as large as a plum.

What are the symptoms of CRC?

In the early stages of colon cancer, there are often no symptoms.

Screening is **not** for you if you have any of the following symptoms:

- Rectal bleeding, or any sign of blood after bowel movements
- Unexplained weight loss, tiredness or exhaustion
- Persistent change in bowel habits such as:
 - Diarrhea or constipation for more than a few weeks
 - Stools that are consistently more narrow than usual
 - The feeling that you are not completely emptying your bowel

These may be symptoms of colon cancer. See your doctor or nurse immediately as you may need other tests.

Am I at risk for colon cancer?

Age is the greatest risk factor for colon cancer. 94% of cases occur in men and women over the age of 50.

Other factors that may increase your risk include:

- A personal history of polyps or inflammatory bowel disease (ulcerative colitis or Crohn's disease).
- A strong family history, such as:
 - 2 close family members (mother/father, sister/ brother, son/daughter) who had colon cancer or polyps or
 - 1 close family member who had colon cancer or polyps before age 60.

Lifestyle choices about your diet, exercise, alcohol and tobacco use

How can I reduce my risk of colon cancer?

- ☑ Get screened: It is recommended that most people ages 50-74 do a home screening test every two years. Some people may be at increased risk and need:
 - colon cancer screening before age 50, or
 - a different test called a colonoscopy.

COLON CANCER SCREENING: COMMON QUESTIONS & ANSWERS (p. 2)

- ☑ Make healthy lifestyle choices:
 - Eat well
 - Eat 7-10 servings of fruits and vegetables each day.
 - Limit the amount of red meat and processed meats that you eat.
 - Drink alcohol in moderation, no more than
 - 2 drinks a day for men and
 - 1 drink a day for women.
 - Be physically active
 - Do at least 30 minutes of physical activity each day
 - Maintain a healthy weight
 - Don't smoke or use tobacco.

Why should I get screened for colon cancer?

You can feel well and not even know that you have polyps or colon cancer in its early stages. Early detection means more successful treatment. CRC develops slowly. It can take up to 10 years for a precancerous polyp to develop into cancer.

Screening can:

- find polyps early before they turn into cancer.
- detect colon cancer early when treatment is most successful.

What is the home screening test?

It is a test that looks for hidden blood in the stool (poop). It is also called a Fecal Occult Blood Test or FOBT. It is a simple test that you do in your own bathroom. You place samples of your stool on a test card and send it to the lab where it is checked for hidden blood. Blood may be a sign of polyps or colon cancer. Completing this test and any follow-up test may find polyps or colon cancer early stages when treatment is most effective.

How can I get a home screening test?

Do one of the following:

- ☑ Fill out the request form in the Time to Check pamphlet and mail it to ColonCheck.
- ☑ Call ColonCheck at 788-8635 or toll free at 1-866-744-8961. You will be asked a few questions to see if it is time to get screened.
- ☑ Visit www.coloncheckmb.ca to request a kit online.
- ☑ Talk to your health care provider about screening.

CANCERCARE MANITOBA PATIENT & FAMILY SUPPORT SERVICES (p. 1)

CancerCare Manitoba (CCMB) is charged by an act of the legislature of Manitoba with responsibility of cancer prevention, detection, care, research and education for the people of Manitoba. As a centre of choice, CCMB is dedicated to excellence in cancer care, to enhancing quality of life for those living with cancer and blood disorders, and to improving control of cancer for all Manitobans.

Patient and Family Support Services

CCMB's Patient and Family Support Services is a multidisciplinary services providing a comprehensive range of psychological, social and spiritual information, diagnostic, counseling and treatment services to people living with a cancer and their loved ones. Services are provided at both CCMB Winnipeg Units: 675 McDermot and St. Boniface and is connected to services throughout Manitoba. For rural clients, consultations are also available by telephone and through Telehealth.

Call (204) 787-2109 or toll free 1 (866) 561-1026

Some of the services provided through Patient and Family Support Services include:

- **Psychosocial Oncology:** Focuses on helping people diagnosed with cancer and their family/significant others cope with emotional, psychological, social and spiritual issues which often arise as a result of cancer and its treatment. Individual, couple and family counseling is available as well as a wide range of support groups and programs (e.g. stress management, art therapy, yoga, programs for children whose parents have cancer). Those specific to women's cancer include groups for women with metastatic breast cancer and their families, groups for younger women with breast cancer, a group for women diagnosed with gynecological cancer and a group for recurrent or metastatic ovarian or peritoneal cancer.
- **Nutrition Services:** Cancer and its treatment can often result in difficulty with eating which can compromise nutritional status. Many patients and families also have questions about commercial nutritional supplements or other specialized nutritional products or questions about unconventional or complementary nutritional products/therapies. A registered clinical dietitian is available for consultations by phone or in person.
- **Sexuality Counseling:** Individuals and couples can receive specialized counseling to help them address sexuality issues resulting from their cancer experience.
- **Patient & Family Information & Resource Centre:** A lending library and more. It is a quiet place in the midst of an active treatment centre where individuals can obtain information about all aspects of cancer and its treatment and on resources and supports available. Nurse Coordinators and volunteers are available to assist. Computers with internet access are also available.

CANCERCARE MANITOBA PATIENT & FAMILY SUPPORT SERVICES (p. 2)

- ***The Navigator:*** A monthly newsletter and calendar describing cancer supports, information sessions, programs and services for patients and families. Let us know if you would like to receive one or more copies of *The Navigator* for yourself or your community and we can put your name on our distribution list.
- **Guardian Angel Care Room:** Patients experiencing appearance related side effects can benefit from a visit to this room located in CancerCare Manitoba, 675 McDermot Avenue in Winnipeg. They can be fitted for and loaned a wig and head coverings. For an appointment call 1 (866) 561-1026 and ask for the Guardian Angel Care Room.
- **Look Good, Feel Better:** A program offered in Winnipeg and Brandon providing information on cosmetic techniques and hair alternatives to manage appearance related side effects.
- **Special education and awareness events:** Interactive educational sessions are offered on various topics for patients and families and for health care providers and volunteers. Many of these are Telehealth linked to rural hospitals. Others are videotaped and the tapes or DVDs are available for borrowing. Contact us regarding any educational sessions that you would like to participate in and we will do our best to have it linked to a Telehealth site near you if possible.
- **Speech Language Pathologist:** Although most people with breast cancer would not need the services of the Speech Language Pathologist (SLP), as a Community Contact we thought it would be important for you to be aware that this service exists. An SLP can help people find strategies to have clearer, more audible speech and voice, and to make understanding and speaking easier, and can provide individuals with techniques for facilitating memory. They also help with eating and swallowing problems.
- **Breast Cancer Centre of Hope:** A comprehensive resources and information centre dedicated to breast cancer and breast health. For more information, see next page.

CANCERCARE MANITOBA BREAST CANCER CENTRE OF HOPE SERVICES (p. 1)

The CancerCare Manitoba Breast Cancer Centre of Hope (BCCH) enhances the quality of breast cancer care for Manitobans by providing compassionate and comprehensive breast cancer services through the provision of information, support and referrals.

This program addresses the needs of clients, family members and the general public across the breast cancer continuum.

BCCH staff work to ensure all individuals have timely and appropriate access to information, treatment, support (peer and professional) by calling on existing provincial services.

Located at 691 Wolseley Avenue
(204) 788-8080 or toll free 1 (888) 660-4866

- **Consultation with Nurse-Educator:** Information, support and consultation about diagnosis, treatment, reconstruction, risk of recurrence and survivorship issues (in-person, by phone including toll-free).
- **Interpretation of pathology report:** Many people find it helpful to have the Nurse Educator walk through their results to ensure they understand their diagnosis.
- **Support/education** regarding treatment decisions.
- **Peer Support:** A chance to talk to someone else who has been there. Peer Support matches are made according to age, diagnosis, treatment, family situation, etc. This confidential service is provided by fully trained and supervised volunteers.
- **Lending library:** An extensive library that can be accessed in person or by calling 1 (888) 660-4866. We can help you find the resources available on the topic you want to learn more about and send the resource by mail or bus.
- **Prosthesis & bra bank:** Gently used or new prosthesis and specialty bras available at no cost through our bra bank. Although it is preferable that women come to the Centre for a fitting, we can provide this service through our 1 (888) service and have the products mailed out.
- **Internet access:** People can come into our offices at BCCH and log onto the internet. We provide recommendations of sites that may be helpful.
- **Data base of breast cancer groups and activities:** Call our 1 (888) line and our staff can access information on upcoming events for you. You can also find this information in our newsletter “Our Voice” or the “current program” section of CCMB website:
www.cancercare.mb.ca/PFSS/pfss_programs.shtml

CANCERCARE MANITOBA BREAST CANCER CENTRE OF HOPE SERVICES (p. 2)

- **Volunteer opportunities:** For some people becoming involved in the breast cancer community as a volunteer is an important part of the journey. In addition to the community contact role which you now fill, we have information about other opportunities to get involved with organizations such as the Canadian Cancer Society, local support groups, your Regional breast cancer network, or CCMB Community Cancer Program.
- ***Our Voice* newsletter:** This very informative newsletter is published three times a year. Feel free to promote subscriptions to this free newsletter to breast cancer survivors and health care providers in your community. Call 1 (888) 660-4866 to subscribe.
- **Healing Garden:** Like the rest of the BCCH, our beautiful Healing Garden has been outfitted through donations and volunteer labour. This is a place to meet a friend, read print resources or just soak in some peace and sunshine.
- **Website www.cancercare.mb.ca:** Comprehensive description of CCMB's programs and services. Go to http://www.cancercare.mb.ca/home/patients_and_family/ for information on current support group programs and upcoming events and to www.cancercare.mb.ca/Hope/ for more detailed information about the BCCH.

PRESENTATION SUMMARY

Name of facilitator: _____

Date of presentation: _____

Organization: _____

Location of presentation (Town/City Area): _____

What portion(s) of the video did you show?

- Prevention
- Breast
- Cervical
- Colorectal

What language did you show the video in? _____

What language did you deliver the presentation in? _____

Where did your participants come from?

- Rural and north – List towns if different from presentation location

- Winnipeg – List the first 3 digits of the postal code eg. R2N, R3A

What was the age range of your group? Check all that apply.

- Under age 20
- 21 to 39
- 40 to 49
- 50 to 69
- Over age 70

Was anyone interested in a group trip?

- Yes
- No
- Didn't Offer

Please fax to 1 (204) 779-5748, mail or drop off at 5 – 25 Sherbrook Street, Winnipeg, MB, R3C 2B1