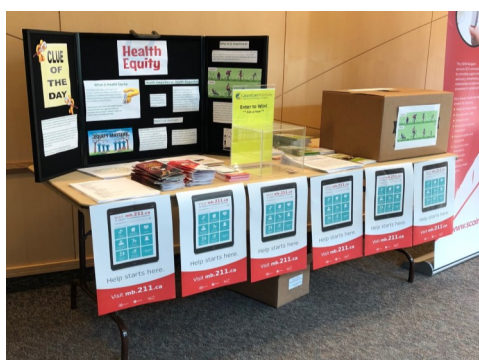


Finding the Path

to better cancer care together

HEALTH EQUITY WEEK 2019

Between September 16-20, CancerCare Manitoba was excited and proud to host its first ever Health Equity Week.



MacCharles Site Display

We know that there are a variety of reasons why and ways our patients experience barriers to cancer care. We also know that navigating these barriers can be a complex process. As an organization, we must improve both our understanding and capacity in supporting our patients navigating these challenges. CCMB has made an explicit commitment to the Manitoba Cancer Plan to improve care for underserved populations. By providing equitable care, we can have a

profound impact on patients' experiences and outcomes.

Throughout Health Equity Week, we held a variety of events and activities that increased our knowledge and ability to better support our patients. Staff who participated in events were entered into a prize draw. 515 tickets were entered into our draw in total. 375 were in-person participation and 140 were from staff participating virtually.

Thank you to all who participated throughout the week to help CCMB work towards its goal of ensuring everyone can reach their fullest health potential.



UNDERSERVED POPULATIONS PROGRAM

We are here to help you.



To increase awareness and understanding of cancer and its causes, the Underserved Populations Program at CancerCare Manitoba is now part of the Community Oncology Program. We work with communities and leaders to help change the story of cancer in all Manitobans.

Contact us:

Toll-free: 1-855-881-4395

Or email us at:

changingthepath@cancercare.mb.ca

PG 2

FIRST NATIONS PATIENT GUIDE

Providing culturally safe patient resources.

PG 3

NEW STAFF ANNOUNCEMENT

Janell Melenchuk has joined the Underserved Populations Program.

PG 4

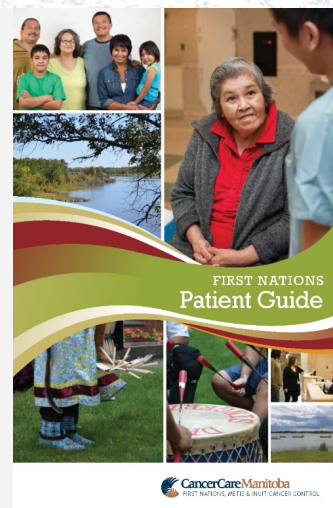
MORE TOMORROWS TOGETHER

Five ways to reduce your risk of cancer.

FIRST NATIONS PATIENT GUIDE

We know that many First Nations, Métis, and Inuit cancer patients can face many barriers in the cancer care system. Recognizing one of those barriers is a lack of culturally relevant information available to patients and families, the Underserved Populations Program has created new resources about the cancer journey for Indigenous communities.

The First Nations Patient Guide provides important information about cancer, different treatment options, the various care providers who are part of a care team, and how to navigate the building and surrounding areas. Importantly, the First Nations Patient Guide has additional information about how to get connected with different supports and services, including the Education & Liaison Nurse, Allison Wiens, who helps patients requiring additional assistance with numerous aspects related to their cancer journeys such as non-insured health benefits and First Nations Inuit Health Branch.



PATIENT PATHWAYS



The Patient Pathways outline what a typical cancer journey can look like for a patient. It is hoped patients will have a clearer idea of what they can expect as they move along the path. We created four pathways in total, lung, breast, colon, and a general pathway.

To order any of the resources pictured above, please contact us at:

Toll-free: 1-855-881-4395

Email: changingthepath@cancercare.mb.ca

CANCER NAVIGATION SERVICES

The goal of Cancer Navigation Services is to improve each cancer patient's journey by helping Manitobans and their families connect with compassionate and high quality cancer care.

A diagnosis of cancer can affect patients and families physically, emotionally, financially, spiritually and socially. The cancer journey is often complex and overwhelming.

Cancer Navigation Services can help patients to meet their needs, make informed decisions and provide guidance and support in their cancer journey helping to reduce distress and anxiety.

Contact cancer Navigation Services in your region:

- Interlake-Eastern Regional Health Authority 1-855-557-2273
- Northern Health Region 1-855-740-9322
- Prairie Mountain Health 1-855-346-3710
- Southern Health-Santé Sud 1-855-623-1533
- Winnipeg Regional Health Authority/Churchill 1-855-837-5400

More information available at www.cancer.mb.ca/navigation



WHAT LANGUAGE DO YOU SPEAK AT HOME?

It is important that you and your family can ask questions and have answers in your language.

CancerCare Manitoba can arrange to have a trained Health Interpreter from the Winnipeg Regional Health Authority (WRHA) at your appointments who:

- Can come to your appointments or help over the phone
- Are available for many languages including sign and indigenous language
- Can help you ask about your treatment, attend counselling and more.

If you or your family need an interpreter, please ask for one when your appointments are made.

There is no cost to you or your family for interpreters.

Ask your healthcare provider for information about the Language Access Program.

NEW STAFF ANNOUNCEMENT



Janell Melenchuk is a Metis woman and is originally from Saskatchewan. Janell grew up in the northern community of Creighton, SK and has lived in various communities around Canada as well as in Ireland. Janell is a graduate of Red River College's Aboriginal Self Governance program and has worked in various areas for both non-profits and government. She has most recently come to CancerCare Manitoba from the Winnipeg Regional Health Authority – Indigenous Health program and before that was at Pan Am Clinic. Janell has also worked with the Truth & Reconciliation Commission, the Manito Ahbee Festival, and local non-profits. Janell is excited to be part of the team and looks forward to her new role.

NON-INSURED HEALTH BENEFITS IN MANITOBA

The Non-Insured Health Benefits (NIHB) system is very complicated and frustrating. Many First Nations and Inuit Manitobans are struggling to get access to medications, transportation, accommodations, and health care equipment.

Often people give up because it seems impossible to sort out. Well, times are changing and thanks to the Southern Chiefs Organization Inc. (SCO) and Manitoba Keewatinow Okimakanak (MKO) help is here!

If you live below the 53rd parallel, SCO has hired an NIHB Navigator to help you navigate the NIHB system. For help troubleshooting or if you have questions, you can contact them at:

T: 1-204-946-1869 • Toll free: 1-866-876-9701

If you are from the North and need help, contact the MKO NIHB Navigator at:

T: 1-204-677-1618 • Toll free: 1-800-442-0488

CancerCare Manitoba Screening Programs

The health educators from CancerCare Manitoba's BreastCheck, CervixCheck, and ColonCheck programs provide education and health promotion to encourage informed decision-making. Current cancer screening recommendations include:

Most women age 50-74 should have a screening mammogram every 2 years. Transgender men and women may also need regular mammograms.

Most women age 21-69 who have ever been sexually active should have a pap test every 3 years.

Most men and women age 50-74 should do a home screening (stool test) every 2 years.

Contact the health education team by phone or email to order screening resources or if you have questions about breast, cervix, or colon cancer screening:

Toll-free: 1-855-95-CHECK

Email: screening@cancercare.mb.ca

For more information, please visit: cancercare.mb.ca/screening

MORE TOMMOROWS TOGETHER: 5 RISK REDUCTION STRATEGIES

NOURISH

A healthy weight begins with maintaining a balanced diet with lots of fruits and vegetables (5-10 servings a day). To reduce your overall cancer risk, follow Canada's Food Guide to Healthy Eating! Try eating lower-fat milk products, leaner meats, and plant-based protein.

CLEAR

Quitting smoking is the single leading action you can take to prevent cancer. Avoid secondhand smoke as exposure can also increase your lung cancer risk. If you quit smoking now, you can reduce your lung cancer risk by up to 90%. Talk to a healthcare professional about how they can help you quit.

CHECK

Regular screening tests and checkups can help detect cancer in the early stages. Get to know your body and report any changes you notice such as a cough that lasts more than a couple of weeks.

MOVE

A very important component of maintaining a healthy body weight is staying active and exercising. Exercising regularly reduces stress, increases energy levels, can reduce colon cancer risk, and may reduce breast cancer risk. Incorporate activity into your everyday life and spend less time indoors.

PROTECT

Ultraviolet ray exposure via the sun and tanning beds does not only cause premature wrinkles and age spots but also increases the risk of malignant melanoma development - the most serious form of skin cancer. Wear clothing that covers your arms and legs and wear sunscreen (30 SPF or higher) about 30 minutes before you leave the house and reapply hourly.

WANT TO KEEP UP WITH THE ACTIVITIES OF THE UNDERSERVED POPULATIONS PROGRAM?

We publish this newsletter twice a year!

If you would like to be part of our distribution list, please contact us at: changingthepath@cancercare.mb.ca

You can also download copies from our website: www.cancercare.mb.ca/upp

WWW.CANCERCARE.MB.CA/UPP