



CancerCare Manitoba's Breast & Gyne Cancer Centre of Hope is a program that specializes in providing information and support specifically for those with Breast or Gynecological cancers.

Program services include:

- Professional consultation with our Nurses
- Peer support from another cancer survivor
- Links to other programs and services close to home
- Extensive lending library of books, videos, CDs
- Manitoba Breast Prosthesis Program

For more information, or to speak with one of our Nurse Educators, please contact:

Breast & Gyne Cancer Centre of Hope
 691 Wolseley Avenue,
 Winnipeg
 204-788-8080
 Toll Free 1-888-660-4866

Other Helpful Services



Get Checked Manitoba.ca

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.
- ✓ 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 (Laryssa Sawchuk, Linda Starodub, Lesley Baldry and Christine Curle) by phone or email if you have questions about breast, cervix or colon cancer screening. To order education resources online, visit GetCheckedManitoba.ca or find GetChecked on social media.

E: GetChecked@cancercare.mb.ca
T: 1-855-95-CHECK



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.

Cancer Navigation Services works in partnership with primary care providers to get the patient to diagnosis in as timely a manner as possible. Navigators support the primary care provider by helping to verify the required referrals and tests have been ordered and providing guidance on the work-up of suspected cancer.

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.cancercare.mb.ca/navigation

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

Finding the path

to better cancer care together



Fall/Winter 2017

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Towards Culturally Safe Care, New Resources for Patients

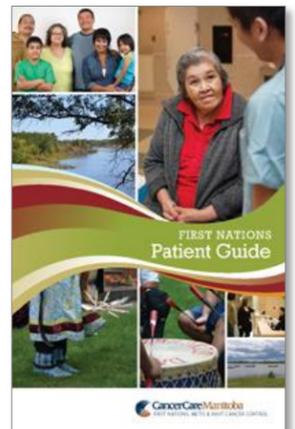
We know that many First Nations, Metis, and Inuit cancer patients can face barriers in the cancer care system. Recognizing one of those barriers is a lack of culturally relevant information available to patients and families, the Underserved Populations Program has created new resources about the cancer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

Through funding from the Canadian Partnership Against Cancer, we were able to establish a Project Network made up of organizations and community members from all over Manitoba, who provide input in the creation of resources for First Nation, Metis and Inuit cancer patients. The Project Network also played a key role in ensuring these resources would provide practical and useful information about cancer care and services available in Manitoba. With their direction, the Underserved Populations Program was able to develop the First Nations Patient Guide, as well as the Patient Pathway Diagrams.

The First Nations Patient Guide, similar to other patient guides at CancerCare Manitoba,

provides important information about cancer, different treatment options, the various health care professionals 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 connect 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 journey such as non-insured health benefits and First Nations Inuit Health Branch.

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Pictured Right: First Nations Patient Guide available online at cancercare.mb.ca



Your Community Engagement Team



Hosting a health fair, trade show, festival or event in your area?

A Community Engagement Liaison can bring you

- information about screening programs, cancer services, supports and resources
- presentations and workshops
- healthy living activities, games and prizes

Prairie Mountain Health:

Contact **Kristin Tischinski** at 204-638-2198 or email at ktischinski@pmh-mb.ca.

Interlake-Eastern Regional Health Authority:

Contact **Donna Anderson** at 204-739-4457 or email at danderson@ierha.ca.

Northern Regional Health Authority, Southern Health – Santé Sud, Winnipeg Regional Health Authority and Churchill:

For community engagement activities in these areas, please contact the Underserved Populations Program at toll free 1-855-881-4395.



Towards Culturally Safe Care, New Resources for Patients

(Continued from page 1)

The Patient Pathways outline what a typical cancer journey can look like for a patient. These images show the different steps patients might take throughout their journey in an easy-to-understand way. 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. The lung, breast, and colon pathways were developed due to the higher incidences among First Nations, Metis, and Inuit populations, and provide timeline information about when patients can expect to move from diagnosis to treatment. The general pathway is intended to be used for people with other cancers.

Electronic copies of these resources are available on CancerCare Manitoba's website http://www.cancercare.mb.ca/home/patients_and_family/cancer_patient_information/.

If you would like copies of the First Nations Patient Guide or Patient Pathway Diagrams, please contact:

Morgan Stirling at mstirling4@cancercare.mb.ca or call the Underserved Populations Program at toll free 1-855-881-4395 x1.

Meet our Education & Liaison Nurse – Health Equity, Allison Wiens, RBNB



A diagnosis of cancer can mean that life suddenly feels more complicated. So imagine this experience for a new Canadian who is still learning the language and our medical system. Picture the cancer journey of someone living in the far north, who has never before had to leave their community, or a First Nation elder who wants to include traditional medicines in her treatment plan.

CancerCare Manitoba is committed to helping people who may have some additional needs along their cancer journey. For this reason the Underserved Population Program has hired Allison Wiens as the Education and Liaison Nurse – Health Equity. She is here to help patients, families, and care providers to overcome the additional challenges that exist for some people.

“There are lots of things that can make the path less straight for some people,” says Wiens. “Location, finances, culture, language, having other illnesses or not having access to care in your home community are the kind of things that people with cancer may also be facing.”

“Health Equity is not about giving everyone an equal amount of support, it is about giving each person the level of support they need, which is going to be more for some people,” Allison adds.

If you would like to speak with Allison she can be reached at:

Allison Wiens RBNB
Education and Liaison Nurse – Health Equity
Phone: 204-784-2786
Email: awiens4@cancercare.mb.ca

Five steps you can take to reduce your risk of cancer

- 1. Keep tobacco sacred**
Smoking is the single most common cause of cancer
- 2. Eat Well**
Eat a diet high in fruits and vegetables
- 3. Shape Up**
Exercise at least 30 minutes a day
- 4. Check Up**
Know your body and pay attention to changes
- 5. Cover Up**
Be sun smart. Use sunscreen and wear protective clothing



Patient & Family Advisors

Improving cancer care through a patient's perspective

CancerCare Manitoba has been working with patients and families in decision making on various projects for some time, but until now we did not have a standardized process. CancerCare Manitoba has recently started a new volunteer program which recruits and trains patients and families to become volunteers who provide feedback to shape programming and the way care is provided.

At CancerCare Manitoba, we value the expertise of patients and families and want them involved in decisions that affect them. We hope that this work will improve the experience for patients and family members. “Patients often notice things that we don't; things like how your care is provided and how we could do things better,” says Susan Kapilik, the program coordinator.

Patient and Family Advisor Volunteers are involved in reviewing education materials, planning programs and services, and sitting on advisory committees. This work can often be done from where the volunteer lives, using email, MBtelehealth, or telephone to communicate.

Finding, training, and supporting these volunteers is coordinated by Susan Kapilik in the Underserved Populations Program. Although Susan works out of the Underserved Populations Program, this volunteer opportunity is for **all patients and families**, not just those who would be considered underserved.

To learn more about this opportunity or to become a Patient and Family Advisor, please contact: **Susan Kapilik at 204-784-2773 or skapilik@cancercare.mb.ca**

Meet Our Team



Morgan Stirling is the newest Projects and Evaluation Coordinator with the Underserved Populations Program. Morgan joined the team in October 2016 and has worked on the Canadian Partnership Against Cancer project 'Improving the Continuity of First Nations and Inuit Cancer Care in Manitoba', as well as the First Nations Patient Guide.

Previous to CancerCare, Morgan has worked at the Rainbow Resource Centre as a LGBT2SQ+ Education Facilitator and a Research Coordinator for the Cancer's Margins research project. Morgan is passionate about health equity and is excited to be part of a team that is dedicated to dismantling barriers and working towards ensuring all cancer patients receive the care they deserve.

You can contact Morgan at 204-784-2774 or email mstirling4@cancercare.mb.ca or call toll free