

The Big Three

*Screening for breast, cervical & colon cancer;
the where, when and how*

A review of the latest guidelines and local resources



Why Screen?



“Screen for Life”

Cancer screening sees what you can't

Common Questions



- * What is **my** risk?
- * When should I **start** screening?
- * **How often** should I get screened?
- * What **method** is used?
- * When can I **stop** screening?
- * Why does my neighbour have a **different screening schedule** than mine?
- * Can screening be performed here **at NHH?**

Breast Screening

Dr. Kaes A.S. Al-Ali

MBCHB, FABMS, FRCSI, FRCSC

Breast Surgical Oncologist

General Surgeon

Northumberland Hills Hospital

Recommendations

What is my risk?

Average risk

Age: 50-74 years

No:

- symptoms
- abnormal pathology
- history of breast cancer
- implants

Increased risk

Any age:

- family history
- dense breasts
- implants
- abnormal pathology
- low IBIS/BOADICEA score

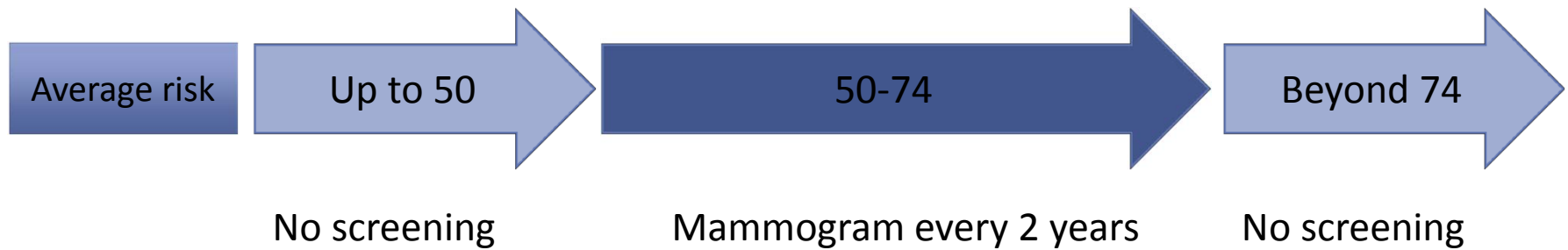
High risk

Any age:

- gene mutation
- refused genetic testing
- chest radiation therapy at < 30 years old & >8 years ago
- IBIS or BOADICEA score: *Life time* ≥ 25 .
10y ≥ 10

Recommendations

Donna:
49 years old, no risk
factors.



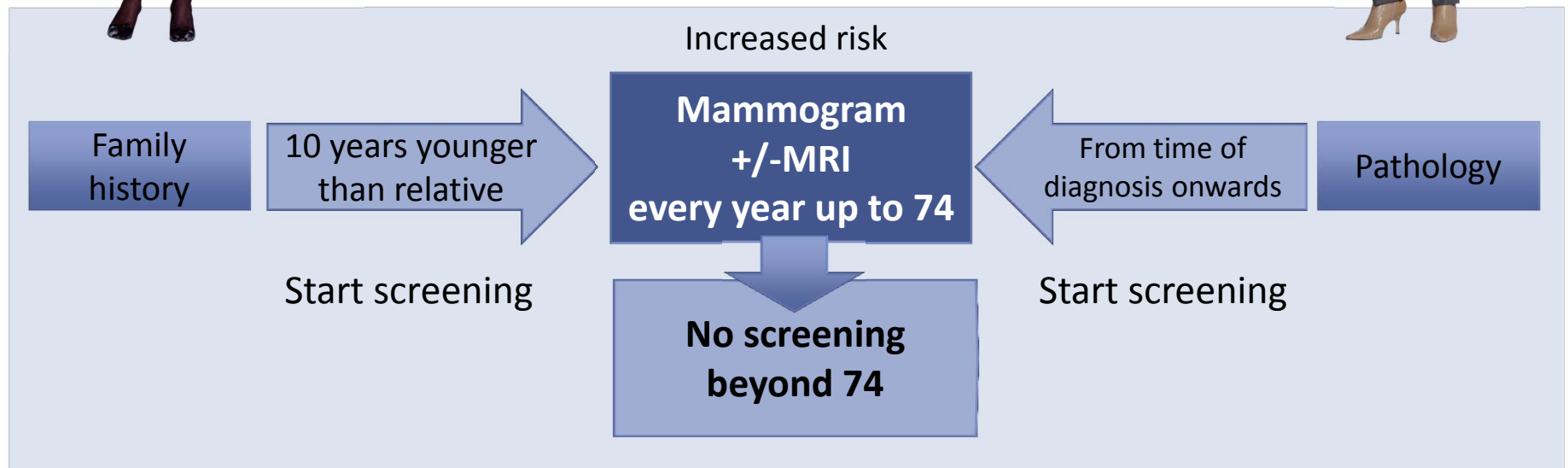
Recommendations



Jessica:
43 years old.
Grandmother had
Breast cancer at 50.



Yasmin:
53 years old.
Had an abnormal
mammogram at 50.

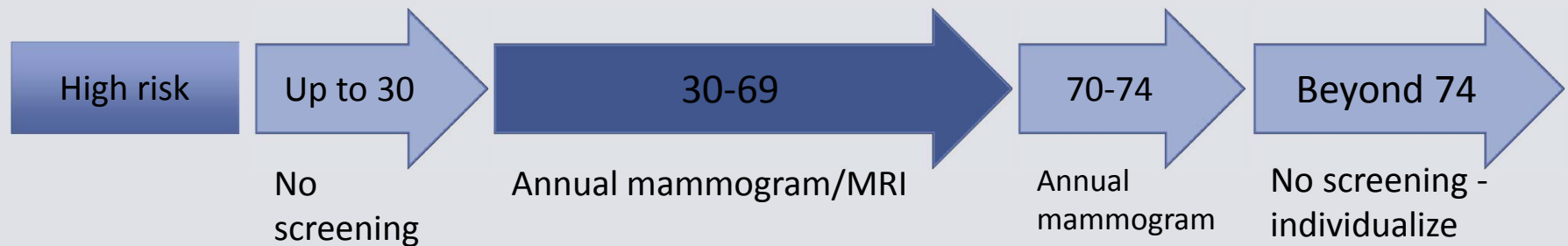


Recommendations



Denise:
18 years old.
Multiple family members.

OBSP High Risk Program

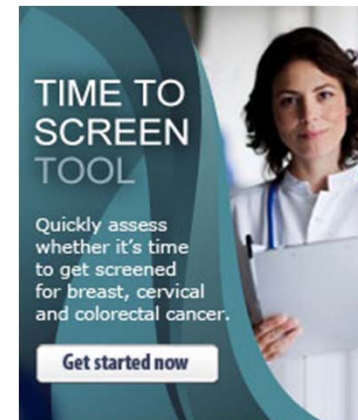


Resources

Services	<p>NHH is an OBSP site accredited by the Canadian Association of Radiologists!</p> <p>Visit www.nhh.ca or call 905-377-7795 to book an appointment; no referral necessary for eligible women aged 50-74.</p> <p>NHH has an active breast clinic affiliated with CERCP/PRHC. Every Wednesday 1:00-4:00PM Ambulatory unit.</p>
	Information
<p>Cancer Care Ontario: www.cancercare.on.ca “Facts About Breast Cancer”</p>	
<p>MOHLTC “Time to Screen” tool: http://www.health.gov.on.ca/en/public/programs/breastcancer/</p>	



Canadian Cancer Society
 Société canadienne du cancer



Cervical Cancer Screening

Dr. Michael Green

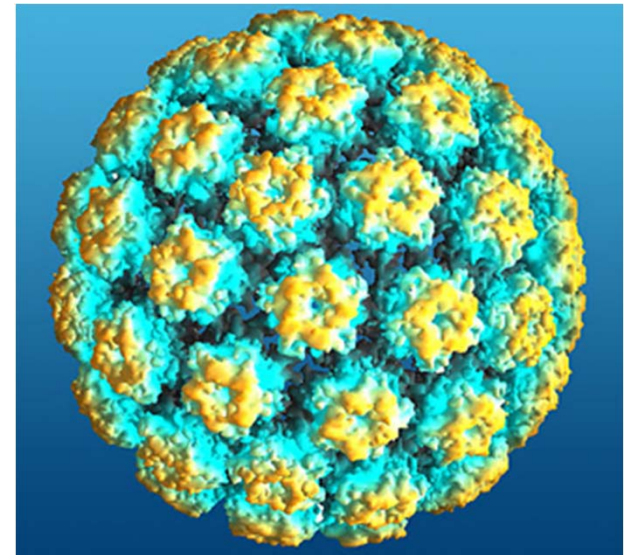
MD, FRCSC, FSOGC

Obstetrician-Gynecologist

Northumberland Hills Hospital

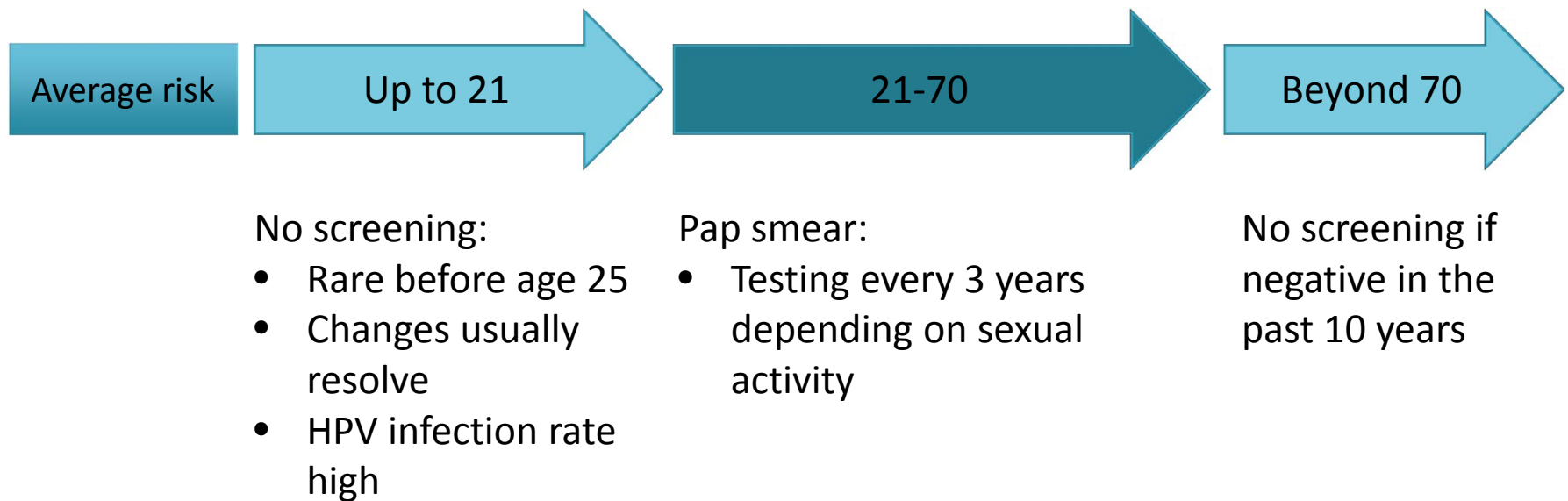
Human Papilloma Virus

- More than 100 HPV types
- 40+ infect the anogenital tract = transmitted sexually
- ~20 types associated with pre-cancerous changes
- 75% of population=> at least one infection in lifetime
- 11-25% under 25 years-infected with high risk type



Human Papilloma Virus

Interim Guidelines



Screening Methods

- Pap smear - sole method for screening
 - only 53% of abnormalities detected with single pap
 - ^88% with repeat screening at 3 years
 - results predictive for 3 years (regular screening)
- HPV screen - tests for virus
 - identifies 96% of cases
 - predictive for 5 years

Resources

Services	<p>Your primary care provider (for regular pap smears)</p> <p>HKPR District Health Unit's Sexual Health Clinic - Offers pap tests the first and third Tuesday of each month at NHH and the first and third Monday of each month in Brighton. Call 1-866-888-4577 ext. 205 to book an appointment/confirm directions.</p>
Information	<p>Canadian Cancer Society: www.cancer.ca or call 1-888-939-3333 Cancer Care Ontario www.cancercare.on.ca</p>
	<p>Patient pamphlets www.publications.serviceontario.ca</p>
	<p>Society of Obstetricians and Gynaecologists of Canada: www.sexualityandu.ca</p> <p>Society of Canadian Colposcopists: www.paptestinfo.ca</p>

Colon Cancer Screening

Dr. Andrew Stratford

MD, FRCSC

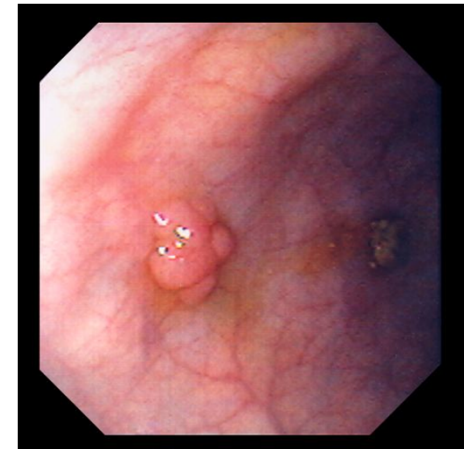
General Surgeon

Northumberland Hills Hospital



What's a Polyp?

- * It's a growth
- * Not all are cancerous, many are precursors of cancer
- * Removing polyps reduces cancer risk



Recommendations

What is my risk?

Average risk

Age: 50 years+ and no personal history of:

- adenomatous polyps
- colorectal cancer (CRC)
- Inflammatory Bowel Disease

No family history of CRC

Moderate risk

Age: any

- 1+ first degree relative with CRC
- personal history of adenomatous polyps or CRC

High risk

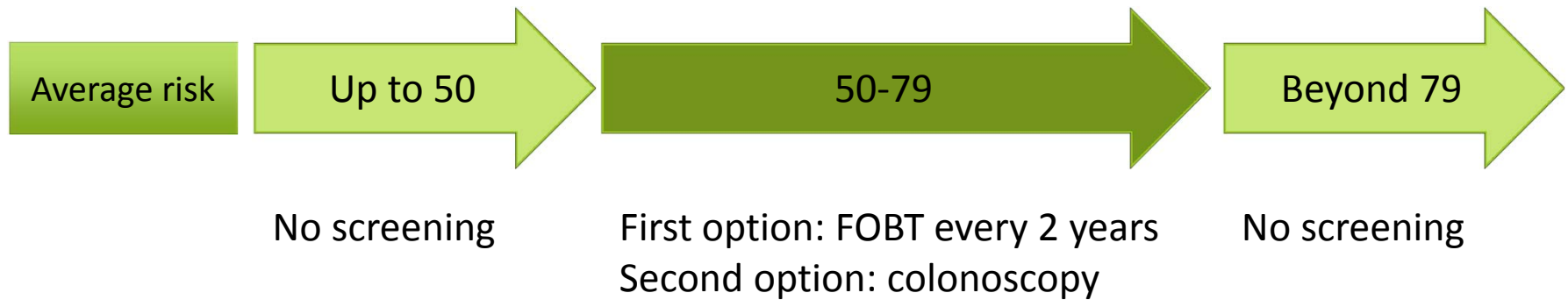
Age: any

- strong family history
- cancer syndromes
- personal history of Inflammatory Bowel Disease

Recommendations



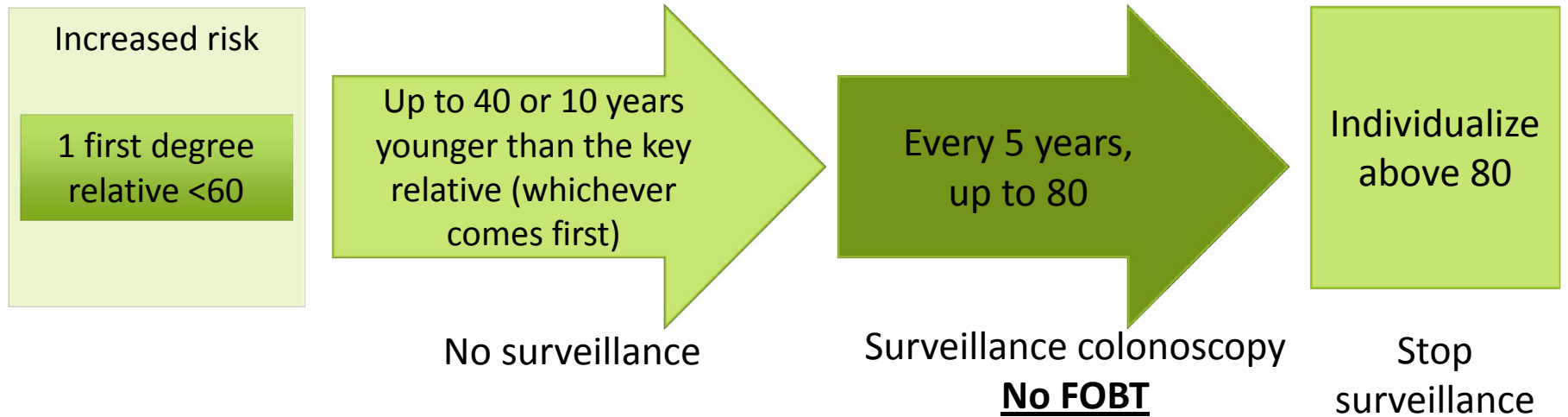
Bob:
37 years old, no risk
factors.



Recommendations



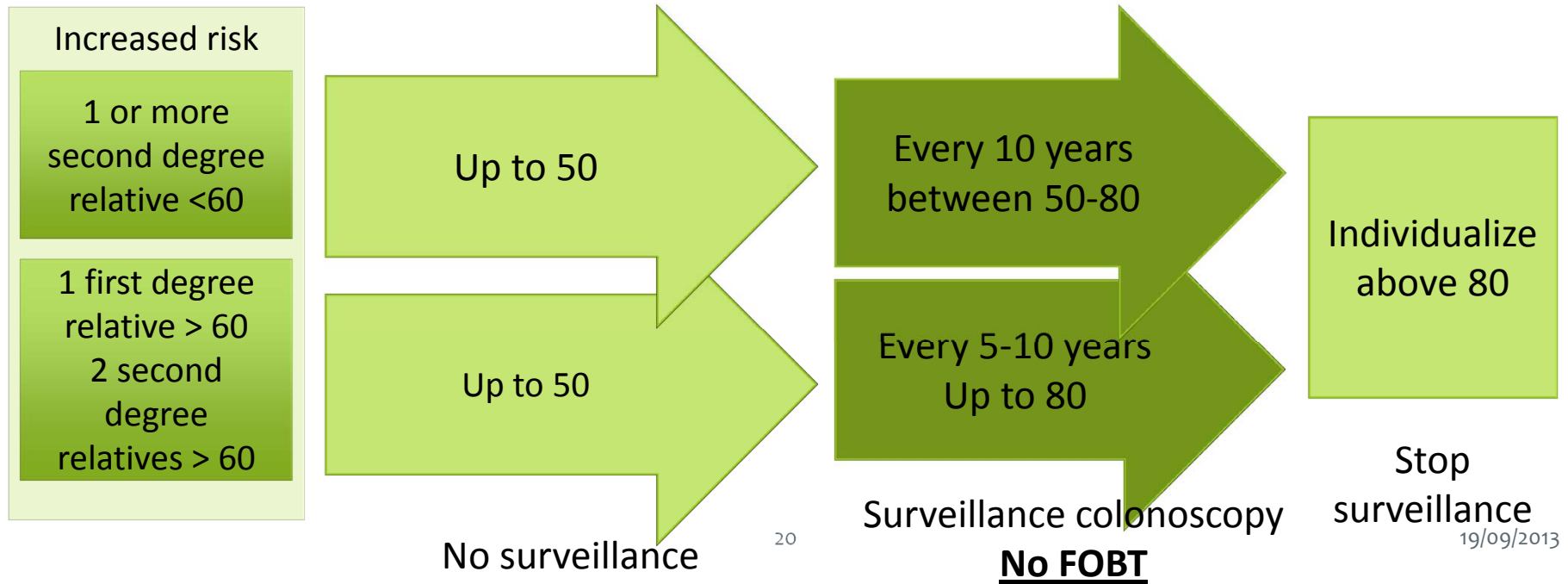
Jeff:
7 years old; his father Sam
developed colon cancer at 42.



Recommendations



Matt:
43 years old; father had colon
cancer at 72.

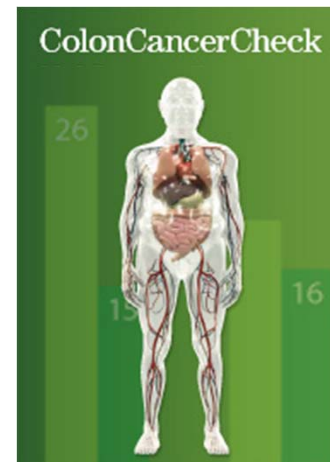


Resources

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Services</p>	<p>NHH has a very active endoscopy unit!</p> <p>Referral is through your family doctor.</p> <p>FOBT kits are provided through the NHH surgeons' office in the Port Hope Medical Centre and through local family doctors.</p>	
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Information</p>	<p>Canadian Cancer Society: www.cancer.ca or call 1-888-939-3333</p>
	<p>Cancer Care Ontario www.cancercare.on.ca</p> <p>MOHLTC: Colon Cancer Check program http://health.gov.on.ca/en/public/programs/coloncancercheck/</p>	



Canadian Cancer Society
 Société canadienne du cancer



The Role of Primary Care

Dr. Mark Essak

MD, CM, CCFP

Family Doctor,

Chair and Lead Physician,

Northumberland Family Health Team



The Role of Primary Care

Primary care providers play a central role in breast, colon and cervical cancer screening

Summary

- * Screening is the best way to diagnose cancer early
- * Early detection can lead to better outcomes
- * Education is key; know your risk(s)
- * Speak to your health care provider or to a specialist
- * Ask, always



Questions?

Thank you!



For a copy of tonight's presentation and more, go to www.nhh.ca