

## Call the shots on colon cancer and get screened

March is Colon Cancer Awareness Month and the Central East Regional Cancer Program and area hospitals, including NHH, have partnered with Cancer Care Ontario to encourage eligible men to 'Call the Shots on Colon Cancer' and get screened with a simple take-home test.

*"People may assume that they don't need to get screened for colon cancer if they have no symptoms, but that couldn't be further from the truth.... Screening allows you to stay a step ahead of the game and find cancer early, when it's easier to treat."*

Darryl Sittler

While colon cancer is the second leading cause of cancer death in men and women in Ontario, it's highly treatable when caught early. The fecal occult blood test (FOBT) is safe, painless and can be done at home.

"Colon cancer screening can be the difference between life and death," says Dr. Hugh Kendall,

Colorectal Screening/GI Endoscopy Physician Lead for the Central East Regional Cancer Program. "When caught early, nine out of every 10 people with colon cancer can be cured. In its later stages, the outcomes are much worse. That's why it's so important to get screened every two years."

This March, hockey legend Darryl Sittler has partnered with Cancer Care Ontario and Colon Cancer Canada to increase awareness about the importance of screening. After losing his wife to colon cancer in 2001, Sittler now gets screened regularly and encourages his family and friends to do the same.

"People may assume that they don't need to get screened for colon cancer if they have no symptoms, but that couldn't be further from the truth," says Sittler. "Screening allows you to stay a step ahead of the game and find cancer early, when it's easier to treat. Even if no one else in your family has had colon cancer, it's important to get screened regularly to make sure you're healthy."

Cancer Care Ontario recommends that men and women at average risk aged 50 to 74 get screened for colon cancer with an FOBT every two years.

"When a person reaches 50 years of age, the risk of colon cancer rises," says Dr. Catherine Dubé, Clinical Lead, ColonCancerCheck, Cancer Care Ontario. "Most often, a person with colon cancer has no early warning signs. Ontarians who are between the ages of 50 and 74 or those who have a family history of colon cancer should have a conversation about screening with their healthcare provider."

Talk to your healthcare provider today about getting screened for colon cancer with a take-home FOBT test. For more information about how you can 'Call the Shots on Colon Cancer', visit [www.coloncancer.ca/colon](http://www.coloncancer.ca/colon). Those without a healthcare provider can get an FOBT kit by contacting Telehealth Ontario at 1.866.828.9213. More information is available at [www.ontario.ca/coloncancercheck](http://www.ontario.ca/coloncancercheck)

## April is BeADonor Month in Ontario

Northumberland Hills Hospital is proud to be one of the hospitals in Ontario working with Trillium Gift of Life Network (TGLN) to save lives through organ and tissue donation.

Twenty-nine per cent of Ontarians (3.4 million people) have already registered their consent to save lives through organ and tissue donation.

If you're 16 years old or older, it's very simple to register. Simply go online at [www.BeADonor.ca](http://www.BeADonor.ca), sign up in person at a Service Ontario Centre or stop by NHH's information display next month (week of April 17<sup>th</sup>) on the main level of the hospital for more information.

More than 1,600 people are waiting for a life-saving organ transplant. One organ donor can save up to eight lives and enhance as many as 75 through the gift of tissue.

[beadonor.ca](http://beadonor.ca)



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