



## NHH's Ontario Breast Screening Program Celebrating 2<sup>nd</sup> Anniversary Next Month

October is Breast Cancer Awareness Month in Ontario, and with good reason. Breast cancer is the most common female cancer and the second leading cause of cancer deaths in women. In 2011, it is estimated that 9,000 Ontario women will be diagnosed with breast cancer; 1,980 will die from the disease in this province.

Screening finds breast cancer earlier, when most women have more treatment options and an improved chance of survival. Research shows that regular screening of women aged 50 to 69 can reduce deaths from breast cancer by at least 30%. Breast cancer death rates for Ontario women have decreased by 24% between 1990 and 2008 for women aged 50 to 74. This is the result of both increased screening with mammography, and better treatment.<sup>1</sup>

Two years ago this fall NHH expanded its mammography service with the introduction of an important new addition: the Ontario Breast Screening Program (OBSP). Since that time, close to 5,000 screening mammograms have been performed at NHH through OBSP, improving local access to

routine breast screening and, by extension, survival rates.

A province-wide screening program, OBSP is operated by Cancer Care Ontario (CCO) and funded by the Ontario Ministry of Health and Long-Term Care. All Ontario women between the ages of 50 and 74 are eligible for the OBSP here at NHH, providing they have not had a mammogram within the last 11 months, have no acute breast symptoms, no personal history of breast cancer and no current breast implants. Those new to our area, who have attended an OBSP affiliate in another centre can come to NHH for their next and future biennial routine OBSP mammography examinations. NHH will make the necessary arrangements to have any previous mammography studies transferred.

To book an OBSP appointment at NHH, call 905-377-7795 (direct line). For more information about the Ontario Breast Screening Program, go to [www.nhh.ca](http://www.nhh.ca).

<sup>1</sup> Cancer Care Ontario ([www.cancercare.on.ca/obsp](http://www.cancercare.on.ca/obsp))

## Health System Reform

*Message from Robert Biron, President and CEO*

Four Pillars: Recommendations for Achieving a High Performing Health System



OHA

CCO

The pressures facing our current health care system are well known. So too are our collective goals, including access, quality and sustainability.

In June, the Ontario Hospital Association (OHA) and the Ontario Association of Community Care Access Centres (OACCAC) released a thought-provoking policy paper on health care reform.

Direct in its tone and presentation, *Four Pillars: Recommendations for Achieving a High Performing*

*Health System* proposes reforms grounded on four pillars, namely:

- 1) Setting ambitious goals;
- 2) Planning properly;
- 3) Letting evidence drive care decisions; and
- 4) Connecting care.

Fifteen recommendations are made in the document, beginning with a call for the government to set medium- and long-term goals with specific performance targets, "so that health care providers can effectively contribute to their achievement, and the public can understand where our health system is headed and why," and concluding with a recommendation to increase funding for the community sector to "facilitate a cost-effective shift of service, resulting in a positive impact on hospital utilization and better care of patients."

I recommend the *Four Pillars* report to anyone in our community with an interest in our health care system and the priorities that lie ahead. A link to the electronic version of the document will be found on the home page of our Hospital website, [www.nhh.ca](http://www.nhh.ca). A limited number of hard copies are also available from my office on request at 905-377-7757.



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and it's delivered straight to your email in-box on the day of release.

## NHH Teams Successfully Challenge The Dragon For Northumberland United Way



With sunny skies and smooth waters, NHH's two dragon boat teams stole the day on Saturday, September 24th, competing with over 30 teams to bring home prizes for the best-dressed and the fastest boat in the recreational division! Taking the prize for best costume for the second year in a row was NHH's Surgical Services team (above left), whose members swapped their surgical greens for white painter's smocks, rubber skull caps and white face paint to create the very convincing effect of a troop of crash test dummies.

Awarded "honourable mention" for their wedding party costumes, and first place in the recreational division race with a time of 1 minute, 13 seconds, was NHH's Rehab the Dragon team (above right). The combined total raised by NHH's teams for the United Way's 2011 campaign was \$2,851. The real challenge will come next year, when the teams have to defend their titles!

### Upcoming NHH Foundation Events

**Stand Up to Breast Cancer**  
Tuesday, October 25th, 7-10 PM.

Join co-hosts Boston Pizza and Northumberland Mall for an evening of laughs with Yuk Yuks stand-up comedian Judy Croon. Tickets \$20/each - \$10 from each ticket sold will be donated to the Clay and Elaine Elliott Women's Health Centre at NHH.

**Nirvana Hair Studio/Spa**  
in Port Hope is hosting a month long fundraiser for breast cancer awareness month. 20% of their October sales will come back to the Clay & Elaine Elliott Women's Health Centre, including a wrap-up event on Thursday, October 27th featuring special promotions and treatments.

For details call 905-885-7521.

For more information on these and other Foundation events, please visit the Foundation section at [www.nhh.ca](http://www.nhh.ca) or call the Foundation office at 905-372-6811, ext. 3065.