



NORTHUMBERLAND HILLS HOSPITAL

NEWS RELEASE – FOR IMMEDIATE RELEASE

Screening is the best way to find cancer early!

*Get the latest information on best practices and local supports, speak to local health experts, at
The Big Three Cancer Screening Information Event, September 18th*

NORTHUMBERLAND COUNTY, Thursday, August 15th, 2013 — Staying informed about the latest medical recommendations for cancer screening is no easy feat.

Multiple cancers, changing guidelines and different practices for different age groups—who wouldn't be confused? Add in a busy life and multiple priorities and it's no wonder many of us miss out on important opportunities to protect our own health and the health of those we love.

One fact we shouldn't overlook: cancer screening is the best way to find cancer early... and early detection can lead to better outcomes.

On **Wednesday, September 18th**, a team of medical professionals from Northumberland Hills Hospital will join forces with colleagues from Cancer Care Ontario and local community health care agencies to offer an interactive discussion and information display on current screening practices for "The Big Three": breast, cervical and colorectal cancers.

Think of it as a short investment in the rest of your life.

Who should attend?

Everyone with questions about the latest screening recommendations for The Big Three: breast, cervical and colorectal cancers. Come for yourself, or come for a loved one. Drop in for a few minutes, or stay for the full two hours. All are welcome, and parking is FREE!

What health professionals will be present?

Local surgeons, general practitioners, obstetrician-gynecologists and radiologists will be on hand to share literature you can take home, answer your questions and point you to local resources right in our community. Those who are eligible can self-register on-the-spot for a mammogram through the Ontario Breast Screening Program. Experts from Cancer Care Ontario will be there too, as will representatives from the [Northumberland Family Health Team](#), and the [Haliburton, Kawartha, Pine Ridge District Health Unit](#).

What will I learn?

The goal of this interactive event is to provide you with the latest information on where, when and how to be screened, as well as facts on the local services available if cancer is detected. Bring your questions and your concerns.

When is The Big Three event?

Wednesday, September 18th from 6:30 PM to 8:30 PM in the Education Centre (2nd floor) at Northumberland Hills Hospital, 1000 DePalma Drive, Cobourg. The informational displays will be open for two hours. Stop in at any time, but plan to be there for 7:00 PM to hear a short presentation from some of the experts in the room, including: Dr. Kaes Al-Ali, breast and general surgeon, Dr. Michael Green, obstetrician-gynecologist, and Dr. Mark Essak, family doctor.

Free parking and door prizes!

For more information please contact Jennifer Gillard at 905-377-7757 or jgillard@nhh.ca.

About Northumberland Hills Hospital – Located approximately 100 kilometres east of Toronto, Northumberland Hills Hospital (NHH) delivers a broad range of acute, post-acute, outpatient and diagnostic services. Acute services include emergency and intensive care, medical/surgical care, and obstetrical care. Post-acute specialty services (PASS) include restorative care, rehabilitation and palliative care. Mental health care, chemotherapy, dialysis and 16 other ambulatory care clinics are offered on an outpatient basis through partnerships with regional centres and nearby specialists. NHH offers a full range of diagnostic services, including magnetic resonance imaging (MRI), computed tomography (CT) and mammography. The hospital serves the catchment area of west Northumberland County. A mixed urban and rural population of approximately 60,000 residents, west Northumberland comprises the Town of Cobourg, the Municipality of Port Hope and the townships of Hamilton, Cramahe and Alnwick/Haldimand. NHH employs approximately 600 people and relies on the additional support provided by physicians and volunteers. NHH is an active member of the Central East Local Health Integration Network. For more information, please visit www.nhh.ca.