



**Cancer Care Nova Scotia  
Cancer Patient Family Network**

**Network News**

April 2011

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**Network News is a summary of opportunities and information shared with members of our Cancer Patient Family Network (CPFN) concerning the cancer care system in Nova Scotia. It is designed to keep you informed about ways you can stay connected and involved in the cancer system. Please share this information with others in your community.**

**If you have knowledge of cancer-related events, meetings and opportunities, please forward the details to us for posting on our website's Calendar of Events. You can do so by emailing Kris Kennedy, CCNS Communications Assistant at [kris.kennedy@ccns.nshealth.ca](mailto:kris.kennedy@ccns.nshealth.ca) or by phoning him at (902) 473-2630. This can include events in your own local community like support group meeting notices, conferences, cancer-related fundraisers, etc. Plan to visit the CCNS website [www.cancercare.ns.ca](http://www.cancercare.ns.ca) often and regularly to keep informed of activities and happenings.**

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**1. Cancer Answers Public Lectures**

The Cancer Answers Public Lecture Series continues with more opportunities to hear quality cancer information from expert speakers at a location close to you via telehealth. Please note that for all lectures, the Speaker will be in Halifax at the Royal Bank Theatre in the Halifax Infirmary and you can participate via telehealth for the May 10<sup>th</sup> lecture in: Amherst, Antigonish, Baddeck, Bridgewater, Canso, Dartmouth, Digby, Evanston, Kentville, New Glasgow, Shelburne, Sydney, Truro, Windsor and Yarmouth.

**Tuesday, May 10, 2010 at 7:-8:30pm - "After Lymphoma Treatment – Adjusting to Life in Remission" with speaker Dr. David MacDonald, Hematologist, Capital Health.**

Details on lecture locations can be obtained by phoning 1-866-599-2267 or by visiting the Cancer Care Nova Scotia website at [www.cancercare.ns.ca](http://www.cancercare.ns.ca)

**New info** - Videos of select lectures will be available for download from our website at [www.cancercare.ns.ca](http://www.cancercare.ns.ca) currently, you can watch Dr. Janice Howes' talk on "Cancer and Emotional Distress – Coping Strategies" and Joan Hamilton's talk on "Talking to Children About Cancer – When a Parent or Grandparent has Cancer". Lectures are also aired on Eastlink on Demand so you can watch them free of charge at your convenience. After the lecture, presentations are available on our website at [www.cancercare.ns.ca](http://www.cancercare.ns.ca) (along with all previous lecture presentations) under the Cancer Answers Lecture Series. You can also access a copy on DVD at Regional Libraries or in your own Health District.

For more information:

Phone toll free 1-866-599-2267 or (902)473-2637

Email: [emmie.luther-hiltz@ccns.nshealth.ca](mailto:emmie.luther-hiltz@ccns.nshealth.ca)

## **2. CCNS Excellence Awards**

*Cancer Care Nova Scotia's* 2011 Excellence Awards will once again recognize leadership, innovative practice and excellence in patient care for Nova Scotia cancer patients and families. Your nominations are encouraged.

Help us recognize the people, their work and their accomplishments to prevent, treat and cure cancer. The deadline for nominations is April 29, 2011. Visit the CCNS website at [www.cancercare.ns.ca/awards](http://www.cancercare.ns.ca/awards) or call 1-866-599-2267 for nomination details.

## **3. Colon Cancer Prevention Program**

On March 25, CCNS celebrated the Provincial launch of the Colon Cancer Prevention Program. The goal of the Program is to reduce the number of deaths from colon cancer in Nova Scotia. It is a screening program designed to help detect cancer and pre-cancerous growths in Nova Scotians aged 50-74. If found early, colon cancer is preventable and treatable. Over the past two years, this Program has been launched in each of the District Health Authorities and all Nova Scotians between the ages of 50 and 74 years old will now have access to a home screening kit for the prevention and early detection of colon cancer.

To learn more about the Colon Cancer Prevention Program, call us toll-free at 1-866-599-2267.

## **4. Canadian Partnership Against Cancer**

Prime Minister Harper recently announced a second mandate for the Canadian Partnership Against Cancer. The partnership opened its doors in 2007 with a five-year mandate to implement a cancer control strategy aimed at reducing the number of Canadians diagnosed with cancer, lessening deaths due to cancer and improving the quality of life of those affected by cancer. The second five-year mandate will begin in 2012 and \$250 million will support the continued implementation of Canada's national cancer control strategy.

For more information about the Canadian Partnership Against Cancer and Canada's cancer control strategy, visit [partnershipagainstcancer.ca](http://partnershipagainstcancer.ca). The Partnership is also the driving force behind [cancerview.ca](http://cancerview.ca), an online community linking Canadians to cancer information, services and resources.

## **5. Healing and Cancer Webcast Series**

An 8-week interactive web cast will be held on Tuesday evenings at 8pm EST from April 12-May 31. This support program is free and available to anyone affected by a cancer diagnosis and provides an opportunity to empower the mind, body and spirit and connect with others on the cancer journey. The Healing and Cancer Foundation was founded by Dr. Rob Rutledge, Radiation Oncologist and Associate Professor at Dalhousie University and Dr. Tim Walker, Psychotherapist and Teacher. Registration is required.

For more information and/or to register, please contact Julie at [info@healingandcancer.org](mailto:info@healingandcancer.org) or (902)473-6149 or visit [www.healingandcancer.org](http://www.healingandcancer.org)

#### **6. Multiple Myeloma Meeting**

On Thursday, April 21 from 9:30-11am in the Bethune Building, Room B44 (basement), 1276 South Park Street in Halifax there will be a special meeting for multiple myeloma patients, their families, healthcare professionals and the general public featuring international Myeloma expert Dr. Paul G. Richardson. Dr. Paul G. Richardson is the Clinical Director of the Jerome Lipper Center for Multiple Myeloma at the Dana Farber Cancer Institute in Boston and Associate Professor of Medicine at Harvard Medical School. He will be available to meet patients, caregivers and their families for an hour-long question and answer session. Also participating in the meeting will be Dr. Darrell White, Faculty of Medicine, Division of Hematology, Dalhousie University and Mr. Aldo Del Col, Co-Founder & Executive Director, Myeloma Canada. Registration is free and space is limited.

For more information and/or to register please call 1-888-798-5771 or email [info@myeloma.ca](mailto:info@myeloma.ca). Please provide your full name, address, phone number and email.

#### **7. Reconstruction After Breast Cancer**

An information session on "Reconstruction After Breast Cancer" will be held on Wednesday, May 4 from 5-6:30pm at the IWK Health Centre. Dr. Anne Tweed, the Medical Director at the IWK Breast Health Program will be the presenter. The general public is welcome and registration is required. Please note there may be an opportunity in future to provide this session by telehealth to other areas in the Province. If you are interested in participating from your community, please pass on your request for consideration.

Please call 470-2747 or 470-2748 for more information and registration.

#### **8. Carcinoid NeuroEndocrine Conference**

On Saturday, May 7, 2011 from 9am-4:45pm a free conference is being held for Patients and Medical professionals on "NET Cancers: Diagnosis, Treatment and the Importance of the Multidisciplinary Team" at the Prince George Hotel in Halifax. Registration is required.

For more information, visit [cnetscanada.org](http://cnetscanada.org) or call Gillian Reid at 902-275-8819.

#### **9. Young Adult Cancer Canada Retreats**

Two Retreats will be held this year and registration has begun. The first in Rocky Harbour, Newfoundland from April 28-May 2. The second Retreat will be held in Abbotsford, British Columbia from July 28-August 1. These Retreats offer young adults an opportunity to meet with their peers (aged and diagnosed between 18-35ish). The Retreat is free and travel assistance is available.

For more information, please phone 1-877-571-7325 or visit [www.youngadultcancer.ca](http://www.youngadultcancer.ca)

#### **10. Canadian Cancer Society (CCS) Camp Goodtime**

The 2011 Camp Goodtime will be held August 21-28. Every summer for one week, children aged 7-15 years who are living with cancer or brain tumours enjoy a week of fun and friendship at Camp Goodtime. Great activities such as canoeing, swimming, arts and crafts, outdoor education, and sing-a-long sessions are all part of the Camp Goodtime experience. More than 100 children attend camp every year and are supported by trained volunteers and staff, ensuring that everyone has a safe and fun-filled week. Volunteer applications accepted until April 1, camper applications accepted until May 30.

For more information about Camp Goodtime please contact:

Email: [campgoodtime@ns.cancer.ca](mailto:campgoodtime@ns.cancer.ca)

Toll Free: (800) 639-0222

Phone: (902) 423-6183

### **11. Camp Goodtimes BC Survey**

Camp Goodtimes BC is asking for input on a short online survey that asks some important questions about services and programs that could be provided for young adults with a history of childhood cancer. The deadline to participate is April 11. Please take time to complete the survey if you are:

- a young adult with a history of childhood cancer
- a parent/caregiver for a young adult with a history of childhood cancer
- a health care professional
- a researcher
- an oncology camp professional
- a volunteer who support young adults with a history of childhood cancer

There are two ways to complete the survey:

[http://www.surveymonkey.com/s/CCS\\_Camp\\_Goodtimes\\_Project\\_Discovery\\_-\\_Survey](http://www.surveymonkey.com/s/CCS_Camp_Goodtimes_Project_Discovery_-_Survey)  
[www.cancer.ca/bc](http://www.cancer.ca/bc) and click on the Project Discovery Survey link

If you have questions, please contact CCS at [gotocamp@bc.cancer.ca](mailto:gotocamp@bc.cancer.ca)

### **12. Be a Community Champion for Atlantic PATH**

I have previously encouraged you and your network of family and friends to participate in the Atlantic PATH study. This is a national study investigating the effects of environment, lifestyle and genes on cancer. The \$42 million national study, known as the Canadian Partnership for tomorrow Project, is funded by the Canadian Partnership Against Cancer and is the largest cancer research study ever undertaken in North America. It involves 300,000 Canadians and 30,000 of those will be from Atlantic Canada. That's important because Atlantic Canada has the highest rates of cancer in the country and this study will help us to understand why.

So far, about 11,000 Atlantic Canadians have participated in the study. Atlantic PATH needs help in getting others to come forward and have developed a program called "Community Champion" to help people like you and I recruit friends and family to the study. They have learned that it is easier for people to participate if they can do this from their own home instead of having to visit an Assessment Centre in Halifax or Sydney. The idea is that a Community Champion would ask family and friends if they would like to participate, send them a package of information and collect it from them when it is completed.

If you are interested in becoming a Community Champion or for more information on Atlantic PATH, please visit their website at [www.atlanticpath.ca](http://www.atlanticpath.ca) or call toll free 1-877-285-7284.

### **13. Do You Have an Email Address?**

If you have an email address, please let us know so we can begin communicating with you via email rather than regular post mail. Often, there are opportunities for patients and families that come up on short notice or that might involve internet access that you can't be part of if we can't reach you via email. Send us an email at [peggy.jones@ccns.nshealth.ca](mailto:peggy.jones@ccns.nshealth.ca) with your email address. If we don't hear from you and you receive this information in the mail, we will continue to send information to you through Canada Post.

You have received this communication because you are a Member of *Cancer Care Nova Scotia's* Cancer Patient Family Network (CPFN). Feel free to share any information in this Newsletter and about the CPFN with others.

The Cancer Patient Family Network provides cancer patients/survivors/family members the opportunity to stay in touch with the Nova Scotia cancer system. Members receive a copy of the *Cancer Care Nova Scotia (CCNS)* bi-monthly Newsletter about what's new in cancer care research and treatment in Nova Scotia. You will also receive regular communications (via mail or email) about events/opportunities to participate in cancer system improvement initiatives.

This network is for people who have been touched by cancer and would like to be part of improving the cancer system in Nova Scotia. This free, province-wide program is aimed at developing opportunities for involving patients/survivors/family members and ensuring their valuable insight and reflection is included in cancer system change/improvement. To join the Network or for more information, please contact Emmie Luther-Hiltz, Cancer Patient Family Network Coordinator at (902)473-2637 or toll free at 1-866-599-2267 or via email at [emmie.luther-hiltz@ccns.nshealth.ca](mailto:emmie.luther-hiltz@ccns.nshealth.ca) or visit the CCNS website at [www.cancercare.ns.ca](http://www.cancercare.ns.ca) where you can fill in and submit a membership form online.

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Should you no longer wish to be a Network Member, please let me know at [emmie.luther-hiltz@ccns.nshealth.ca](mailto:emmie.luther-hiltz@ccns.nshealth.ca) or by phoning me toll free (902)1-866-599-2267 or (902)473-2637.

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If you have any comments or feedback about anything contained in this Network News, please contact me by phone at (902)473-2637, toll free 1-866-599-2267 or by email at [emmie.lutherhiltz@ccns.nshealth.ca](mailto:emmie.lutherhiltz@ccns.nshealth.ca). As always, your input is valued and appreciated.

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***“Experience is not what happens to you; it's what you do with what happens to you”***  
***Aldous Huxley***

Sincerely,  
Emmie Luther-Hiltz  
Coordinator, Cancer Patient Family Network  
*Cancer Care Nova Scotia*

Many Hearts. Many Minds. One Goal.