



Cancer Care Nova Scotia Cancer Patient Family Network

Network News

November 2009

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 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 often and regularly to keep informed of activities and happenings.

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1. Participate in Atlantic PATH Cancer Prevention Study

The Atlantic PATH is part of 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 project ever undertaken in Canada.

This study is recruiting 30,000 Atlantic Canadians who:

- are between the ages of 35 and 69
- want to help find out why Atlantic Canada has the highest rates of cancer in the country

Cancer survivors are encouraged to participate. Those taking part in the study will answer questions about their health, diet and lifestyle; provide blood, urine, saliva and toenail samples; and have various measurements taken. Your health will be monitored over a number of years through cancer registries, hospitalization records and other health-related databases.

Assessment Centres are available in both Halifax at the West End Mall and in Sydney at 335 George Street. Please note that arrangements can be made for researchers to travel to other communities in Nova Scotia to enroll people in the study depending on how many people are interested from a particular area.

There is also a sub-study of the Atlantic PATH looking at tap water from Nova Scotia participants to analyze for arsenic and other heavy metals in the water. With this information, they will be able to draw a map showing the levels of arsenic and other metals across the province and compare it with maps of cancer rates (especially bladder and kidney cancer) to see if cancer rates are higher in areas with higher levels of arsenic in drinking water.

For more information,
Phone Toll Free: 1-877-285-7284
Email: info@atlanticpath.ca
Website: www.atlanticpath.ca

2. New CCNS Board Members Appointed

The *Cancer Care Nova Scotia* Board welcomed three new Members in September 2009, who bring both experience and commitment in the cancer community. Please join me in congratulating:

Heather Hogg (Colchester East Hants Health Authority District)
Steve Webster (Capital Health District)
Nancy Williamson (Cumberland Health Authority District)

3. Cancer Answers Public Lectures Update

The Cancer Answers Lecture Series continues with more opportunities to hear quality cancer information from expert speakers at a location close to you via telehealth. On October 27, Dr. Louise Parker, Director of Cancer Research at CCNS and the CCS (NS) Chair in Population Cancer Research spoke on "Preventing Cancer – Reducing Environmental Risk". Her presentation is available on our website at www.cancercare.ns.ca (along with all previous lecture presentations) under the Cancer Answers Lecture Series. You can also access a copy of her talk on DVD at Regional Libraries or in your own Health District. The Canadian Cancer Society also has excellent information on "The Environment, Cancer and You" available on their website at www.cancer.ca/environmentandyou

Please note - November 24, 2009 lecture with Dr. Robert Rutledge, Radiation Oncologist speaking on "Cancer and Radiation Therapy – Benefits and Short and Long Term Side Effects" IS BEING POSTPONED until the spring. Date to be announced.

Mark your calendar for the spring Lecture Series:

April 13, 2010 at 7pm – Dr. Daniel Rayson, Medical Oncologist, speaks on "Cancer and Chemotherapy – Chemobrain and Other Long Term Side Effects"
May 25, 2010 at 7pm – Dr. Janice Howse talks about "Cancer and Emotional Distress – Coping Strategies"

Details on lecture locations will be available closer to the date.

For more information

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

Email: emmie.luther-hiltz@ccns.nshealth.ca

4. New Resource for Seniors with Cancer

About this time last year, I invited seniors in the Cancer Patient Family Network to participate in a study on “Exploring the Impact of Cancer on Emotional Well Being: Seniors’ Experiences and Perspectives”. Thanks to eighty-four older men and women from across Canada (20 of whom were from Nova Scotia!) who agreed to share their cancer experiences, a new booklet “Seniors to Seniors – Talking About Cancer” is now available. The purpose of this booklet is to share the experiences and wisdom of seniors with cancer with others who are just beginning their own cancer journey.

Click this link to view a [copy of this booklet](#), additional websites

www.bcpqa.bc.ca and www.seniorsmentalhealth.ca

I have a few hard copies in my office if you don’t have access to the internet. Please contact Emmie Luther-Hiltz toll free at 1-866-599-2267, (902)473-2637 or via email at emmie.luther-hiltz@ccns.nshealth.ca

5. Volunteers Needed to Review Orientation Information

Volunteers are needed to review information that has been put together for newly diagnosed cancer patients. This is often what people receive when they get their first appointment at either of the two Cancer Centres (either Halifax or Sydney) and provides a general idea of what people can expect.

New information sheets have been developed in response to what patients and families identified as important. Cancer Patient Family Network Members were invited to participate in focus groups to let us know what would be most helpful. Please consider reading over this information and providing your advice on whether it will meet the needs of cancer patients and their families. We can email or mail out the information to you. This would take a couple hours of your time. The sheets include topics on:

Financial Matters

Medication Coverage – Frequently Asked Questions

Getting to Treatment

. . . and more

If you are interested or would like more information, please contact Emmie Luther-Hiltz toll free at 1-866-599-2267, (902)473-2637 or via email at emmie.luther-hiltz@ccns.nshealth.ca

6. Volunteers Needed to Review Cancer Patient Education Standards

Nova Scotia is leading the way once again when it comes to education for cancer patients and their families. Standards have been drafted for health care professionals in order to improve delivery of education to people affected by cancer.

It would be helpful to have a few cancer patients/family members review these Standards. If you have a policy or education background, it may be a little easier to provide feedback. While the Standards will result in better education for cancer patients and their families, the first step is to introduce these Standards to cancer care providers so that is the audience for which they have been developed.

If you are interested or would like more information, please contact Emmie Luther-Hiltz toll free at 1-866-599-2267, (902)473-2637 or via email at emmie.luther-hiltz@ccns.nshealth.ca

7. Breast Cancer Action Nova Scotia Seeks New Board Members

Interested in joining the Breast Cancer Action Nova Scotia Board of Directors? Join a dynamic and compassionate group of women who come from various backgrounds, have various skills, and have lots of heart and focus. This is very much a working Board who serve on committees, projects, and other activities. The group meets on the 4th Thursday of each month (except August) from 7:00 to 9:00 pm at 22-24 Dundas Street, Suite 6, Dartmouth, NS.

To learn more about this opportunity, please call 902-465-2685. Visit <http://www.bca.ns.ca> & <http://www.abcn.ca> for more information.

8. Exercise Study for Men on Androgen Deprivation Therapy for Prostate Cancer

Volunteers are needed for a study on the effects of exercise in men with prostate cancer who are receiving androgen deprivation therapy.

You must be between the ages of 50 and 80 years old.

You must be willing to participate in a supervised exercise program 3 times per week for 16 weeks in Halifax or you may be assigned to the control group who will not do any formal exercise during the study period.

Parking fees will be reimbursed. The study is expected to begin early in the New Year.

For more information or to volunteer for this study, please contact:

Robyn Murphy, BScPT, MScPT (cand.)
Dalhousie University, School of Physiotherapy
Phone: (902) 233-0979 or Email: rmurphy4@dal.ca

9. South West Health – New Services for Cancer Patients/Families

South West Health opened their new Cancer Centre in Yarmouth in July 2009 after seven years of planning. The new Centre, which occupies a full wing in one of South West Health's three buildings, features the Harmony Room, a special place for patients to access complementary therapies, and a Resource Room, as well as exam space and treatment facilities.

Volunteers are needed in the Harmony Room and the Cancer Resource Room including Therapists to provide Therapeutic Touch and Reiki.

For more information or to volunteer, please contact:

Anne Vickery, Volunteer Coordinator
avickery@swndha.nshealth.ca
(902)742-3542 ext. 575

There are now four Cancer Support Groups meeting in South West Health.

Cancer Support in Yarmouth – contact Kent Blades at (902)742-3542 ext. 470 or

kblades@swndha.nshealth.ca

Cancer Support in Barrington – contact Judy at (902)745-3238 or judyross2@eastlink.ca

Breast Cancer Support in Yarmouth – contact Edie at (902)742-4176 or eddentremont@eastlink.ca

Prostate Support in Yarmouth – contact Walter (902)742-3401 or Eric at (902)742-7369

10. Last Call for Volunteers re Online Study

A few more people are needed to participate in a study of cancer survivors over age 50 re online support. If you have already put your name forward to Kathryn Fraser, please accept our thanks. If you haven't, and you meet the criteria, kindly consider taking the time to participate. You can also forward this to friends or family who may not be Cancer Patient Family Network Members. If they fit the criteria, they can participate too.

Do you use the internet to connect with other cancer survivors?

Have you had cancer in the past 5 years?

Are you over age 50?

Do you live in Capital Health District?

Do you use the internet at least once a week?

If you answered yes to all these questions, please consider the following:

A Graduate student at Dalhousie School of Health and Human Performance, Kathryn Fraser, is doing a study to better understand the needs of older cancer survivors when using the internet to connect with other cancer survivors for support in order to develop and promote services that will meet these needs.

Kathryn is hoping to interview (on the phone) from 15-30 people who are willing to talk about experiences using the internet for this purpose. The interview will last from 30 minutes to 1 hour. Kathryn would like to schedule the phone interviews before the New Year at a time that is convenient for you.

If you are interested in learning more about this study and how you can participate, please contact Kathryn Fraser directly at kathryn.fraser@cehha.nshealth.ca or by phone at (902)802-7069.

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 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 or visit the CCNS website at www.cancercare.ns.ca where you can fill in and submit a membership form online.

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

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. As always, your input is valued and appreciated.

***“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.
10 Years On - Enabling Quality Cancer Prevention and Care