

Community Care Access Centre (CCAC): 310-2222

Assessment and Diagnosis

Children's Hospital of Eastern Ontario	613-737-7600
TOH Ages Cancer Assessment Clinic	613-737-8899 ext. 79670
Women's Breast Health Centre (consultation)	613-798-5555 ext.14400
Women's Breast Health Centre	fax 613-761-4405
Palliative Pain and Symptom Management Consultation Service	613-562-6397 or 1-800-651-1139

Screening

Breast Cancer

- OBSP (Ontario Breast Screening Program) 1-800-668-9304
- OBSP Hampton Park Plaza 613-728-0777 or
1-800-465-6226
- OBSP Merivale 613-727-1072
- OBSP Montfort 613-748-4931
- OBSP Riverside 613-738-8266
- Women's Breast Health Centre (TOH-Civic Campus) 613-798-5555
ext. 14400
- Women's Breast Health Centre (imaging) fax 613-761-4405
- Cancer Care Ontario 1-800-668-9304

Colorectal

- TOH Riverside Campus fax 613-738-8460
- Montfort Hospital fax 613-748-4968
- Queensway-Carleton Hospital fax 613-721-5368

Cancer Specific Services

TOH Regional Cancer Centre	613-737-7700 1-888-627-5346
Psychosocial Oncology Program	613-737-7700 ext.70148
Canadian Cancer Society	613-932-1283 or 1-800-669-4181

Risk Management

CCAC	310-CCAC
Personal Alarm Systems (CCAC)	310-CCAC

Emergency Management

Palliative Radiotherapy	613-737-7700
Palliative Radiation Program	613-737-7700 ext 10329
Mental Health Crisis Line	1-866-996-0991

Residential Care

Maurice Grimes Lodge	613-725-6328 ext 10355
Rotel (www.rotel.ca)	613- 733-1412 1-800-267-4700
Bruyere Continuing Care (for palliative care)	613-562-6262 ext. 4063
Hospice at Maycourt (for palliative care)	613-260-2906
La Maison Mathieu Froment- Savoie	819-770-3900

In Home Services

Professional	
CCAC (new intake)	310-CCAC
Support Services	
Community Support Services	310-CCAC
(CCAC provides information and referral for this sector)	

Prevention

City of Ottawa Public Health	613-580-6744 1-866-426-8885
Canadian Cancer Society	613-932-1283 or 1-800-669-4181
Smokers Helpline	1-877-513-5333
University of Ottawa Heart Institute Smoking Cessation Program	613-761-4753

Respite Services / Caregiver Support

Hospice at May Court	613-260-2906
Friends of Hospice Ottawa	613-838-5744
Centre de services Guiges	613-241-1266
Hélène Lepine, Une fleur à la main	ext 241
Jewish Family Services of Ottawa	613-722-2225
Roger's House	613-523-6300
Mission Hospice	613-234-1144 Ext 242
Bruyere Continuing Care	613-562-4262
Regional Palliative Care Unit	ext 4063
Community Palliative Care Network - Triage	613-224-2508
Palliative Outreach Program - Office	613-723-1184

Rehabilitation Services

Canadian Cancer Society Peer Support Program	1-800-263-6750
Psychosocial Oncology Program(for patients registered with TOH Cancer Centre)	613-737-7700 ext. 70148
Pediatric Oncology Group of Ontario, CHEO	613-738-3992 1-888-545-8898

Transportation Assistance

Canadian Cancer Society	613-932-1283 or 1-800-669-4181
Community Support Agencies (CCAC)	310-CCAC
Para-transpo	613-244-1289

Related Networks and Resource Links

Telehealth - 1-866-797-0000	Champlainhealthline - www.champlainhealthline.ca
Cancer Care Ontario - 1-866-662-9233 - www.cancercare.on.ca	Canadian Cancer Society - 613-932-1283 or 1-800-669-4181 - www.cancer.ca
Look Good Feel Better - 1-800-914-5665	Champlain Regional Primary Care Leads: Dr. Lee Donohue and Dr. Dan Smith cancerprimarycare@toh.on.ca

Seven Steps to Health (www.cancer.ca)

1. Be a non-smoker and avoid second-hand smoke.
2. Eat 5-10 servings of vegetables and fruit per day. Choose high fibre, lower fat foods.
If you drink alcohol, limit your intake to 1-2 drinks per day.
3. Be physically active on a regular basis. This will also help you to maintain a healthy body weight.
4. Protect yourself and your family from the sun.

When you are in the sun, always remember SLIP, SLAP, SLOP:

SLIP on clothing to cover your arms and legs

SLAP on a wide-brimmed hat

SLOP on sunscreen (SPF 15 or higher)

5. Follow cancer screening guidelines.
For women, know the screening guidelines for breast, cervical and colorectal cancer.
For men, know the screening guideline for colorectal cancer and talk to your doctor about your risk of prostate cancer
6. Visit your doctor or dentist if you notice any change in your normal state of health.
7. Follow health and safety instructions at home and at work when using, storing, and disposing of hazardous materials.

See the Canadian Cancer Society Handbook "The Environment, Cancer and You". <http://www.cancer.ca/Ontario/Prevention/Cancer>

Cancer Screening Guidelines for women

Breast cancer screening, age 50-74

- Annual physical breast exam by a trained health care provider
- Mammogram every two years or as often as recommended by your health care provider

Cervical Cancer Screening

- Screen all women who are, or have ever been, sexually active for cervical cancer within three years of first vaginal sexual activity
- Screen annually until there are three consecutive negative Pap tests
- After three annual negative Pap tests, move the screening interval to two or three years
- Discontinue screening at 70 years of age if there is a history of three or four negative screens over the past 10 years
- Screen women who have not been screened in over five years annually until there are three consecutive negative Pap tests

Cancer Screening Guidelines for men

Prostate cancer screening

- For men over age 50, discuss benefits and risks of annual prostate exam with your health care provider which includes: digital rectal examination and Prostate Specific Antigen (PSA) blood test

Cancer Screening Guidelines for women and men

Colorectal cancer screening at average risk* of colon cancer

- Fecal Occult Blood test every 2 years for women age 50 or older
- Positive FOBT should be followed up with a colonoscopy or other diagnostic procedures as recommended by a physician

*Around 10 % of the population is at increased risk of colorectal cancer. For those at increased risk because of family history (one or more first degree relatives with colorectal cancer) screening should begin at the age of 50 years, or 10 years earlier than the relative's diagnosis, whichever comes first.