

Community Care Access Centre (CCAC) - Pembroke: 310-CCAC

### 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 (imaging)	fax 613-761-4405
Palliative Pain and Symptom Management Consultation Service	613-562-6397 or 1-800-651-1139

### Screening

<i>Breast Cancer</i>	
• OBSP (Ontario Breast Screening Program)	1-800-668-9304
• OBSP Amprior	613-623-7962 ext.359
• OBSP Barry's Bay	613-432-4851 or 1-800-961-6277
• OBSP Deep River	1800-916-6277
• OBSP Pembroke	613-732-1463 1-800-307-7059
• OBSP Renfrew	613-432-4851 1-800-916-6277
• 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
<i>Colorectal</i>	
• Amprior	fax 613-623-4198
• Pembroke	fax 613-732-6347
• Renfrew	fax 61-432-5011

• 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
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

### In Home Services

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

### Prevention

Renfrew County and District Health Unit	1-800-267-1097 613-732-3629
Leeds, Grenville, Lanark District Health Unit	613-345-5685
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

CCAC (info and referral and respite services)	310-CCAC
Marion Hill - Dr. L.U. McClusky Centre	613-735-6838
Community Support Services (CCAC for info)	310-CCAC
Veterans Affairs Canada	1-866-522-2122

### Rehabilitation Services

Canadian Cancer Society Peer Support Prg	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 Pembroke office	613-735-2571 1-800-255-8873
Community Support Agencies (CCAC)	310-CCAC

### 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 Lead (Dr. Lee Donohue) - ldonohue@ottawahospital.on.ca

## Seven Steps to Health ([www.cancer.ca](http://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.

