

# Breast, Cervical and Colorectal

## Background Information/Rationale for Focus

It has been estimated that over 2,380,000 workers in Canada will be diagnosed with cancer within the next 30 years.<sup>1</sup> Based on current incidence rates, 40 per cent of Canadian women and almost 45 per cent of men will develop cancer during their lifetime.<sup>2</sup> According to the Canadian Cancer Society, cancer is the leading cause of premature death in Canada. An estimated 171,000 new cases of cancer and 75,300 deaths will occur in Canada in 2009.<sup>2</sup> Based on current mortality rates, 24% of women and 29% men, or 1 in 4 Canadians, will die from cancer.<sup>2</sup> Overall 30%-35% of cancers can be prevented by eating well, staying active and being a healthy weight.<sup>3</sup>



### Breast Cancer

Breast cancer is the most commonly diagnosed female cancer and is the second leading cause of cancer death in women. In 2009, it is estimated that 8,700 women in Ontario will be diagnosed with breast cancer and that 2,100 women will die from the disease.<sup>2</sup> Early detection of breast cancer by regular screening has been shown to reduce deaths by 30 per cent.<sup>4</sup> Because increasing age is a known risk for breast cancer, 8 out of 10 breast cancers are in women aged 50 and over. A comprehensive screening program for women age 50 to 69, such as the Ontario Breast Screening Program (OBSP), provides mammography and a clinical breast examination at some sites. Women may self refer. The goal of OBSP is to screen 70 per cent of the women in Ontario age 50-69 by 2010 and 90 per cent by 2020.<sup>4</sup> In Waterloo Region in 2007-2008 only 41% of eligible women were screened through OBSP.<sup>5</sup>

### Cervical Cancer

Cervical cancer is the second most common cancer in women under 50 years of age. Up to 90% of cervical cancers are preventable through regular screening. In 2009 Ontario estimates there will be 500 new cases and 140 deaths due to cervical cancer.<sup>2</sup> Regular Pap Tests can prevent up to 90% of cervical cancer cases by detecting cervical cell changes early before the cells become cancerous. Human Papillomavirus (HPV) is a common family of viruses that is seen primarily as responsible for cervical cancer. A HPV vaccine was approved by Health Canada in July 2006 for use among females age nine to 26 for the prevention of cervical cancer. In 2007, provincial funding was approved for Grade 8 girls to be immunized through the voluntary school vaccination program. Women who are, or have ever been sexually active should continue having regular Pap Tests until at least the age of 70.

# Breast, Cervical and Colorectal Screening

## Colorectal Cancer

Colorectal cancer is the second most common cause of cancer death for both men and women. It is estimated that in 2009 in Ontario, that 4,400 men and 3,700 women will be diagnosed with colorectal cancer.<sup>2</sup> In 2009, it is estimated that 1,800 men and 1,250 women will die from colorectal cancer.<sup>2</sup> Approximately 93 % of the men and women who are diagnosed with colorectal cancer are over the age of 50.<sup>6</sup> Detecting colorectal cancer early through regular screening has shown a 90 % chance of curing the cancer. ColonCancerCheck is an organized province wide colorectal cancer screening program that targets men and women aged 50 – 74 years of age to get screened for colorectal cancer. Fecal Occult Blood Test (FOBT) and Colonoscopy are the screening methods used in the program. In Ontario, only 24% of men and women ages 50-74 completed a FOBT in the last two years.<sup>5</sup>

For breast, cervical and colorectal cancers, regular screening can save lives.

### Goals For The Workplace To Strive For

1. To promote awareness of risks for breast and cervical and colorectal cancer.
2. To educate employees about screening strategies to reduce incidences or early detections of breast, cervical and colorectal cancer.
3. To promote awareness of lifestyle factors that can help reduce the risk of developing cancer.
4. To provide a supportive environment and policy's to get employees screened for breast , cervical and colorectal cancers.

### Getting Started

#### Workplace Wellness Team, Environmental Scan and Needs Assessment

- Create a workplace wellness team, which includes employees and management to gauge your workers needs and interests;
- Complete an environmental scan to determine how supportive the workplace is regarding healthy eating and physical activity;
- Conduct a needs assessment to determine what healthy living initiatives are important to employees; and,
- Based on the results of your environmental scan and needs assessment, consult with the workplace wellness team to decide which interventions fit with the requirements of your workplace.

#### Awareness Raising

- Utilize bulletin boards and displays featuring information about breast and cervical cancer risks and screening programs;
- Dedicate an accessible area to display pamphlets, resources or videos; and,

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- Include short articles in an internal newsletter, intranet website or staff-e-mails (check websites and local newspaper for relevant articles).
- Conduct a Cancer Quiz contest, provide Cancer Screening Phone Messages for staff on hold or play the Cancer Prevention Jeopardy Game at team meetings. Refer to the Cancer Prevention and Screening in the workplace- Toolkit

## Skill Building

- Offer presentations/workshops based on employee interest through “lunch and learn” sessions on reducing known and possible cancer risks and following breast, cervical and colorectal screening guidelines;
- Coordinate a Breast Screening Staff Program similar to Grand River Hospital’s Ontario Breast Screening Staff Program (see link under internet resources).

## Creating a Supportive Environment and Policy

- Flexible work hours to accommodate medical appointments; or develop a policy that gives staff time off to go to screening appointments.
- Provide employees and management with the opportunity to attend training, workshops or courses relating to cancer prevention and screening.
- Cafeteria or vending machines stocked with healthy food choices;
- Space for exercise group at lunch or start a walking group; and,
- Smoking cessation programs – Educate employees about risk factors.



Telephone consultation is available through **Project Health: 519-883-2287**

## Region of Waterloo Public Health Resources

*Project Health Resources: (call Project Health phone line @ 519-883-2287)*

### Lunch and Learn:

Cancer Prevention and Screening (breast, cervical and colorectal)  
One topic (30mins.) or three (45mins. – 60mins.)

### Displays:

“50 or Over?” Regular Mammograms Could Save Your Life”

- Banner Pop up Display – lightweight.

“50 or Over?” Regular Mammograms Could Save Your Life”

- Shadow Box

### Posters:

50 or Over? Breast Screening Could Save Your Life

# Breast, Cervical and Colorectal Screening

Regular Pap tests Can Prevent Cervical Cancer- Get a Pap test

Pamphlets/Fact Sheets:

General Cancer:

Cancer Prevention and Early Detection Network (website postcard)\*

Breast Screening:

Answers to your Questions about Breast Density in Mammograms

Are You a Woman Aged 50 or over? - Finding breast cancer early could save your life\*  
(With Local Waterloo-Wellington Region OBSP Sites)

Ontario Breast Screening Program (OBSP) Script pad - list of all Waterloo Region OBSP sites and phone numbers

Cervical Screening:

HPV and Screening for Cancer of the Cervix

Colorectal Screening:

If You Were See through it Would Be Easier to Spot Colon Cancer\*

\*To download copies of these pamphlets and factsheets visit:

<http://www.projecthealth.ca/menu-services/pamphlets>

TOOLKIT\*

1. Cancer Prevention and Screening in the workplace -A toolkit to assist workplaces in the promotion of cancer prevention and screening.

Screening Posters- Breast Cervical, Colorectal

Prevention Poster -Healthy Choices

Factsheets - Breast Cervical and Colorectal

Quizzes- Cancer Prevention, Breast, Cervical and Colorectal

Making the link.....Limit Alcohol, Eat Healthy, Get Active, Live Smoke Free

\*To download a copy of the Cancer Prevention and Screening TOOLKIT visit:

<http://www.projecthealth.ca/project-health-resources/toolkit-cancer-prevention-and-screening-workplace>

***Public Health Resource Centre:***

To borrow teaching kits/books/video resources please call: 519-883-2256

To order pamphlets: e-mail [phrc@region.waterloo.on.ca](mailto:phrc@region.waterloo.on.ca) or call the automated order line at: 519-883-2374 or order online at [www.region.waterloo.on.ca/ph](http://www.region.waterloo.on.ca/ph) -- Resources/Resource Centre/Pamphlets

Pamphlets/Factsheets:

General Cancer:

Early Detection and Screening Facts for Men (available in 19 languages)\*

# Breast, Cervical and Colorectal Screening

Early Detection and Screening Facts for Women (available in 19 languages)\*  
Report: Glance at Cancer in Waterloo Region (Region of Waterloo Public Health, 2005)\*

## Breast Cancer:

Answers to Your Questions About breast Density in Mammograms

Breast Cancer Fact Sheet (available in 19 languages)\*

Mammograms: What Every Woman Should Know\*

## Cervical Cancer:

Human Papillomavirus (HPV) and Cancer of the Cervix Factsheet\*

Human Papillomavirus (HPV) Vaccine: Helping you make an informed decision\*

Pap Test for Good Health (available in 19 languages)\*

## Colorectal Cancer:

Colon Cancer Factsheet (available in 19 languages)\*

\*To download copies of these pamphlets and factsheets visit:

<http://www.projecthealth.ca/menu-services/pamphlets>

## Internet Resources

[www.projecthealth.ca](http://www.projecthealth.ca)

Canadian Cancer Society

<http://www.cancer.ca>

Cancer Care Ontario

<http://www.cancercare.on.ca>

Promoting Cancer Prevention and Screening in the Workplace Toolkit

<http://www.cancercare.on.ca/workplacetoolkit>

Colon Cancer Check

<http://www.colon.cancer.check.ca>

Colorectal Cancer Association of Canada

<http://www.ccac-acc.ca>

Canadian Breast Cancer Foundation

<http://www.cbcf.org>

Cancer Prevention and Early Detection Network of Waterloo Region

<http://www.cancer-prevention.ca>

# Breast, Cervical and Colorectal Screening

Grand River Regional Cancer Centre

<http://www.grrcc.ca>

Grand River Hospital

<http://www.grhosp.on.ca> - Ontario Breast Screening Program

Human Papillomavirus Vaccine

<http://www.hpontario.ca>

<http://www.hpvinfos.ca>

Ontario Breast Screening Program

<http://www.grandriverhospital.on.ca> click on Ontario Breast Screening Staff Program

Ontario Breast Screening Program

<http://www.cancercare.on.ca/pcs/screening/breastscreening/>

Ontario Cervical Screening Program

<http://www.cancer.ca>

Health Canada

<http://www.hc-sc.gc.ca>

Region of Waterloo Public Health

<http://www.region.waterloo.on.ca>

## References

- 1 Rogers Media Incorporated Healthcare and Financial Services Group. (2006). *Cancer in the Workplace*. Toronto: author
- 2 Canadian Cancer Society (2009). *Canadian Cancer Statistics, 2009*.
- 3 Cancer Research Fund and American Institute for Cancer Research. (1997). *Food, Nutrition, Physical Activity and the Prevention of Cancer : A Global Perspective*. London, UK: author.
- 4 Cancer Care Ontario. (2007). *Ontario Breast Screening Program Backgrounder*. Retrieved August 12, 2009 from: <http://www.cancercare.on.ca/common/pages/UserFile.aspx?fileId=13032>
- 5 Cancer Care Ontario. (2009). *Cancer System Quality Index*. Retrieved April 13, 2009 from: <http://csqi.cancercare.on.ca/>
- 6 Canadian Cancer Society. (2008). *Insight on Colorectal Cancer*. Toronto: Cancer Care Ontario.