

HEALTH ISSUES

IN THE WORKPLACE

Fall 2009



FOCUS
ON
CANCER

WORKING TOWARD
wellness
LIVE BETTER • LIVE LONGER


HEALTH
Action
en santé
WINDSOR-ESSEX


WINDSOR • ESSEX COUNTY
HEALTH UNIT
Unité sanitaire
de Windsor-comté d'Essex
WINDSOR • ESSEX • LEAMINGTON
www.wehealthunit.org

When it comes to cancer, early screening and managing risk factors are important. We cannot alter our age or family history, but we can change the things that put us at increased risk such as smoking, obesity, physical inactivity, eating unhealthy, alcohol use, and sun exposure. Acting on this information is important because approximately 50% of cancers can be prevented or detected early (Cancer Care Ontario, 2009).

WHAT IS CANCER?

Cancer is an uncontrolled growth of abnormal cells that attack nearby cells and may spread to other locations in the body. Sometimes the abnormal cells form tumors; however, not all tumors are cancerous. Malignant tumors (cancerous) can spread to other organs, whereas benign tumors (non-cancerous) do not spread to other areas of the body. There are many types of cancer. Typically, they are named after the body part in which they develop (e.g., breast, lung, or colon) or the type of cells that they affect (e.g., leukemia and lymphoma).

HOW COMMON IS CANCER?

It is estimated that there will be 171 000 new cases of cancer and 75 300 cancer deaths in Canada in 2009 (Canadian Cancer Society, 2009). This does not include the 75 100 new cases and 270 cancer deaths from non-melanoma skin cancers. Non-melanoma skin cancers are reported separately because they result in the least number of deaths but are the most common form of cancer.

Although cancer is most common in people age 50 and older, all age groups are at risk of developing cancer. In fact, cancer rates are expected to rise in adults between the ages of 20 and 59. Approximately 30% (51 000) of new cases and 17% (13 000) of cancer related deaths will occur during the most productive years of employment and child-rearing (Canadian Cancer Society, 2009).

Cancer not only affects your health, but also has a large impact on your quality of life. A diagnosis of cancer leads to worry of how your family will be impacted, dealing with side effects of treatment, and (for some) fear of dying.

ACT NOW!

This *Focus on Cancer* Health Issues Magazine and the Personal Health Guide will highlight important information on how you can reduce your risk of cancer and will increase your knowledge of available screening options. Think about and plan for the things that you can do for you and your family to reduce the risk of cancer and/or detect cancer early.



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COMING IN OUR NEXT *Health Issues in the Workplace Newsletter... a focus on gut health! Your gut health is influenced by many lifestyle choices. Learn about how your diet, physical activity, and even your medications are impacting your gastrointestinal system.*

LUNG CANCER



Why should a smoker quit? Hasn't the damage already been done?

While a former smoker's risk will never be as low as that of a non-smoker, there are still plenty of health reasons why a smoker should quit (U.S. Department of Health and Human Services, 2004).

Quitting smoking improves:

- *Oxygen Levels.* Within eight hours of a smoker's last cigarette, the carbon monoxide level in his or her blood drops greatly while oxygen levels increase.
- *Lung function.* Depending on how long and how much a smoker has smoked, within two weeks to three months of their last cigarette, lung function will improve and breathing will become easier.
- *Overall health and well-being.* By nine months the coughing, sinus congestion, fatigue, and shortness of breath that smokers usually have will improve. You also decrease the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.

"You've got lung cancer." Few words strike as much fear in the hearts of a patient and his or her family as hearing those four words from a health care provider. Unfortunately, that fear is not misguided. Lung cancer is the leading cause of cancer death for Canadian men and women. The reason lung cancer is so deadly is because it's usually found in advanced stages, limiting treatment options. Despite all of the progress in cancer detection and treatment over the years, only 15% of those diagnosed with lung cancer live more than five years after being diagnosed.

How common is lung cancer?

It's estimated that 23 400 Canadians will be diagnosed with lung cancer and 20 500 will die from the disease in 2009. That's a mortality rate of 88%.

What causes lung cancer?

Smoking! It's estimated that cigarette smoking directly causes 90% of lung cancer in females and 80% in males.

Will lung cancer continue to be a problem in the future?

Unfortunately, the answer is *yes*. *The Canadian Tobacco Use Monitoring Survey* (CTUMS, 2008) indicates that nearly five million Canadians over 15 years old are current smokers. Nearly 28% of the five million are 20 to 28 years of age. The fact is that smokers are 13 (female) to 23 (male) times more likely than non-smokers to get lung cancer. Given that in many cases it takes years for lung cancer to develop, we all will be paying the price for smoking for years to come.

Why don't smokers just quit?

Research shows that 61% of smokers want to quit within the next six months. Of the 61%, 27% would like to quit in the next 30 days (CTUMS, 2008). The problem is that smoking is both a habit and an addiction. For many people quitting smoking is easier said than done. For example, despite the presence of a nearly universal ban on smoking in indoor public places and workplaces throughout Canada, about 21% of adults 20 to 54 years of age were current, daily smokers in 2008.

THE BOTTOM LINE

The link between smoking and lung cancer is proven. The most important thing you can do to protect yourself from lung cancer is to never start smoking. If you already smoke, do whatever it takes to quit.

KEY REFERENCES:

Health Canada. (n.d.). *Canadian tobacco use monitoring survey (CTUMS) Annual, February–December 2004*. Retrieved July 20, 2009, from http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/research-recherche/stat/_clums-esutc_2008/wave-phase-1-eng.php

U.S. Department of Health and Human Services. (2004). *The health consequences of smoking: A report of the U.S. Surgeon General*. Retrieved July 28, 2009, from <http://www.surgeongeneral.gov/library/smokingconsequences/index.html>

COLORECTAL CANCER

WHAT IS COLORECTAL CANCER?

Colorectal cancer is cancer of the large intestine (colon), the lower part of your digestive system, or the last six inches of the colon (rectum). It develops when growths (polyps) inside the colon or rectum become cancerous.

- Colorectal cancer is the fourth most commonly diagnosed cancer.
- It is estimated that 1 in 14 Canadian men and 1 in 15 Canadian women will develop colorectal cancer within their lifetime.
- Colorectal cancer is the second leading cause of death from cancer.

In fact, nearly as many people will die from colorectal cancer as from breast and prostate cancer combined. Indeed, 22 000 Canadians will be diagnosed with colorectal cancer and 9 100 will die from it in 2009.

Screening and early detection for colorectal cancer are important because if detected early, it is 90% curable.



What is a Colonoscopy?

A colonoscopy lets a doctor with special training look at the lining of the colon and rectum. Polyps can be removed and biopsies can be taken during the test.

Common Symptoms

There are no signs or symptoms in its early stages, hence the importance of screening. As colorectal cancer progresses, the following late-stage symptoms may occur:

- A change in your bowel movements.
- Blood (either bright red or very dark) in your stool (feces).
- Diarrhea, constipation, or feeling that your bowel does not empty completely.
- Stool that is narrower than usual.
- Stomach discomfort.
- Unexplained weight loss.

If you have any of these symptoms, talk to your health care provider about them.

Who's at Risk? Men and women age 50 and older are at average risk and should begin regular screening tests. Risk is higher among people with a family history of colorectal cancer or inflammatory bowel disease. Risk is also higher in people who are physically inactive, obese, long-term smokers, have an unhealthy diet, or drink more than two alcoholic drinks a day.

How to Reduce Your Risk:

1. Get screened regularly for colorectal cancer beginning at age 50 (earlier if there is family history or polyps).
2. Eat healthy (e.g., plenty of vegetables, fruit, whole grains, and legumes).
3. Be physically active every day.
4. Be smoke free.
5. If you drink alcohol, drink no more than one drink per day (women) or two drinks per day (men).

Get Screened Detect colorectal cancer early with regular screening. The two most common ways to screen for colorectal cancer are: Fecal Occult Blood Test (FOBT) OR Fecal Immunochemical Test (FIT).

An FOBT or FIT test is recommended at least every two years for men and women over the age of 50. Some provinces have organized screening programs for colorectal cancer. For more information, talk to your health care provider.

What are the Fecal Occult Blood Test (FOBT) and Fecal Immunochemical Test (FIT)? FOBT and FIT are simple tests that you do at home to find hidden (occult) blood in your stool. You collect two small stool samples on three separate days and send them to a laboratory. A "negative" test result is usual and normal. A positive test requires follow-up to find out if you have colorectal cancer. A colonoscopy is generally the preferred follow-up test.

REMEMBER...

Colorectal cancer is treatable, and 90% curable when detected early. Make screening for colorectal cancer part of your healthy lifestyle.

breast cancer

Amy Mickelson, wife of professional golfer Phil Mickelson, was diagnosed with breast cancer in May 2009. Her celebrity status has helped increase awareness of breast cancer and the importance of regular screening practices. PGA players, wives, caddies, and fans wore pink at the Crowne Plaza Invitational as a way to support Amy and other women with breast cancer, and to raise funds for research.



What is breast cancer?

When cancerous cells are found in the breast area (which ranges from the armpit to the breastbone and up to the collarbone), it is diagnosed as breast cancer.

How common is breast cancer?

Breast cancer is the most common form of cancer in women. While rates are falling, the Canadian Cancer Society (2009) estimates that 22 700 women will be diagnosed this year, an average of 437 per week. Approximately 15 000 will live beyond five years after diagnosis.

One in nine Canadian women will develop breast cancer during their lifetime. The greatest risk factor for developing breast cancer is age, with most cases occurring in women aged 50 and over.

Be aware ...

The risk for developing breast cancer depends on two types of risk factors. Those we have control over (modifiable) and those we don't (non-modifiable).

Modifiable	RISK FACTOR*	DESCRIPTION	AFFECT ON RISK
	Body weight	Healthy body weight	Decrease
	Physical activity	Regular, moderate physical activity	Decrease
	Alcohol consumption	Moderate to heavy drinking	Increase
	Tobacco use	Smoking/second-hand exposure	Increase

Non-modifiable	RISK FACTOR*	DESCRIPTION	AFFECT ON RISK
	Sex	Female	Increase
	Age	Older women	Increase
	Personal history	Previous breast cancer	Increase
	Family history	Immediate family member with breast cancer	Increase
Breast density	Dense breasts	Increase	

*Having a risk factor(s) doesn't mean you will develop breast cancer. Also, some women who are diagnosed have no risk factors other than being female.

How can you reduce your risk?

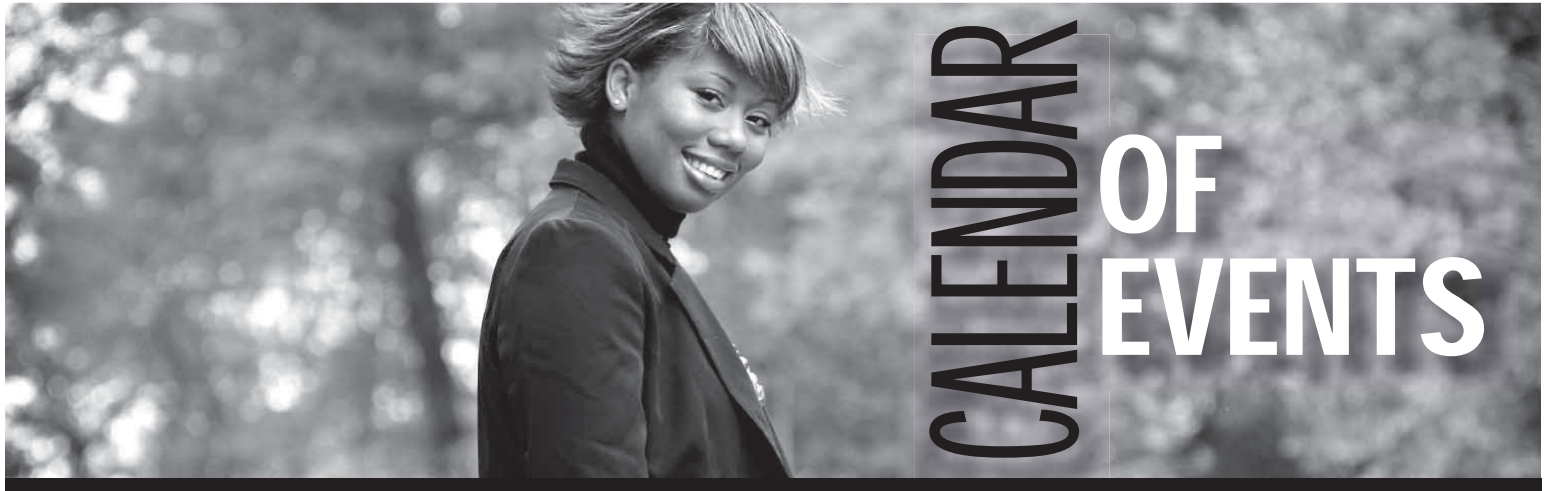
Lead a healthy lifestyle—be smoke free, eat well, and include physical activity in your day. Also, eliminate or reduce the amount of alcohol you drink. Finding cancer early allows for more treatment options. The following screening practices are suggested to help detect breast cancer:

Breast awareness—encourages people to think about their breast health, to know how their own breasts normally look and feel, and to tell their health care provider about any changes. Women of all ages should be breast aware.

Clinical exam—a physical exam of the breasts done by a health care provider. Annual clinical exams are suggested for women of all ages.

Mammogram—a low-dose x-ray of the breast, which can find changes at an earlier stage. In most cases, mammograms are suggested every two years for women over the age of 50. Check your provincial screening program for more information.

Developments in cancer research have led to improved screening, advances in treatment, and increased public education. Be sure to follow recommended prevention and screening guidelines. Breast cancer touches everyone, regardless of education level, financial status, or celebrity status. Talk to your health care provider today to address your long-term breast health.



CALENDAR OF EVENTS

HOUSE OF FRIGHT HAUNTED GRAVEYARD

October 16, 17, 23, 24, and 30

Bring the family out to visit the haunted graveyard! Also includes face painting, play areas, and clowns.

6:00 p.m. – 10:00 p.m.

\$8 admission

AMA Sportsmen's Club

468 Lowes Sideroad, Amherstburg

519-736-0678 or 519-978-3826

houseoffright@gmail.com

www.houseoffright.ca

LASALLE ANTIQUES AND NOSTALGIA FAIR

October 24 - 25

This fair features a variety of antiques, collectibles, and vintage items for sale.

Glassware and china, jewelry, toys, books, prints, and much more.

Saturday: 9:00 a.m. – 6:00 p.m.

Sunday: 9:00 a.m. – 4:00 p.m.

\$2 daily fee

Vollmer Culture and Recreation Complex, LaSalle

519-966-5325

lasalleantiquesandnostalgia@bell.net

www.lasalleantiquesandnostalgia.com

14TH ANNUAL HORROR HAYRIDE

October 16 - 18; 24 - 26; 30 - 31

Frightfully fun filled nights of family entertainment! Recommended for children 11 years old and up; parental discretion is strongly advised.

Call for pricing.

Colasanti's Tropical Gardens

1550 Road #3 E., Kingsville

519-326-3287

tropical@colasanti.com

www.colasanti.com

HOCKTOBERFEST

October 22 - 25

A female hockey festival involving 72 teams from around the world. Displays, clinics, and more.

Free admission to watch

South Windsor, Forest Glade, and WFCU

Arenas, Windsor; Vollmer Culture Recreation Complex, LaSalle

519-816-8235

www.hocktoberfest.com

LEGENDS OF THE NIGHT

October 23 - 24

Join a Park Interpreter around a campfire and through story-telling and exploration you will hear stories of the park's animals.

Starts 6:30 p.m.

\$8 for adults, \$4 for youth

Point Pelee National Park

519-322-2365

pelee.info@pc.gc.ca

www.pc.gc.ca/pn-np/on/pelee/ne/ne1_e.asp

ICLIMB FOR UNITED WAY

November 6

Join us and hundreds of other iClimbers for an exciting adventure and climb over one thousand stairs at the WFCU Arena! The 2009 iClimb is a fun, new way to stay fit and support your community through United Way/Centraide Windsor-Essex

Donate to climb

Morning Climb:

7:00 a.m. – 9:00 a.m.

Lunch Climb:

11:30 a.m. – 1:30 p.m.

WFCU Centre, Main Bowl

6767 McHugh Street, Windsor

519-258-0000 ext. 1156

www.weareunited.com

WINDSOR FILM FESTIVAL

November 6 – 15

Marking the celebration of Canadian and world film, providing a richly diverse program of captivating and thought-provoking film.

\$10 admission

Numerous venues throughout the city.

519-965-6488

info@windsorfilmfestival.ca

www.windsorfilmfestival.ca

PROSTATE CANCER TALK

November 18

Public event that provides the facts about cancer prevention and screening with a focus on prostate cancer. Speakers include doctors, cancer experts, and survivors.

6:00 p.m. – 9:00 p.m.

Free with a toy drive donation

Caboto Club, Windsor

519-258-2146 ext. 3136

ahans@wechealthunit.org

www.cancer.ca/cancertalksessexcounty

RIVER LIGHTS

November 19 - January 16

A display of wonderful lighted characters, official tree lighting, and activities galore!

6:00 p.m.

\$10 for some events

Navy Yard Park, Amherstburg

519-736-4642

riverlights@bellnet.ca

www.riverlights.ca

ANNUAL FESTIVAL OF LIGHTS

November 22

Fantasy of lights, hot chocolate, dinner with Santa, and fireworks.

4:00 p.m. – 8:00 p.m.

Call for pricing information

Lakeside Park

End of Queen St. S, Kingsville

519-733-2123

amurray@kingsville.ca

www.fantasyoflights.ca

BIA TREE LIGHTING CELEBRATION

November 27

Annual event with Santa and Mrs. Claus, food, fun, and entertainment.

6:00 p.m. – 9:00 p.m.

Free admission

Optimist Park

Notre Dame and Charron St., Belle River

519-728-4624

brbia@mnsi.net

www.belleriverbia.com

**OLYMPIC TORCH RELAY
December 23 - 24**

Witness this amazing event as the Olympic torch makes its way across our country to Vancouver! The torch will travel through a number of our cities; you don't want to miss this historic event!

Free to attend

Point Pelee, Kingsville, Essex, McGregor, Amherstburg, LaSalle, Windsor, and Tecumseh.
519-255-6315

www.vancouver2010.com/en/torch-relays/32700/8amb6a/index.html

**AMHERSTBURG SANTA
CLAUS PARADE
November 28**

Come out and enjoy bands, floats, and entertainers at the 4th annual Santa Claus Parade in the historic town.

6:00 p.m. – 8:00 p.m.

Free to attend

Downtown Amherstburg

519-254-2880

mrssanta@mnsi.net

www.santaparade.org

**BIRD FEEDING WORKSHOP
November 29**

Have you ever wondered how to attract birds to your yard during winter? Join a bird expert and learn tips to create a bird friendly yard.

2:00 p.m.

\$8 for adults, \$4 for youth

Point Pelee National Park

519-322-2365

peleeinfo@pc.gc.ca

http://www.pc.gc.ca/pn-np/on/pelee/ne/ne1_e.asp

**ANNUAL CHRISTMAS BIRD COUNT
December 2**

Join park staff and assist with the largest citizen scientist program in the world. Birders of all skill levels are welcome.

8:00 a.m. – 4:00 p.m.

\$5 fee for Bird Studies Canada

Point Pelee National Park

519-322-5700 ext.13 to register

peleeinfo@pc.gc.ca

http://www.pc.gc.ca/pn-np/on/pelee/ne/ne1_e.asp

**41st ANNUAL WINDSOR
SANTA CLAUS PARADE
December 5**

Enjoy the glittering festiveness of the Windsor Santa Claus Parade!

6:00 p.m.

Free to attend

Route runs west on Riverside Drive from Atkinson Park to Brock Street

Windsor

519-254-2880

info@santaparade.org

www.santaparade.org

**CHRISTMAS CELEBRATION:
THE SNOWMAN**

December 12 - 13

The Windsor Symphony Orchestra Chorus performs Christmas classics with a special presentation of the Oscar-nominated holiday film, *The Snowman*, with orchestral accompaniment.

Saturday: 8:00 p.m.

Sunday: 2:30 p.m.

Tickets range in price

Chrysler Theatre, Windsor

519-973-1238

jgalli@windsorsymphony.com

www.windsorsymphony.com

**CANDLELIGHT CHRISTMAS
December 16**

Take a candlelight tour back into the 1850s.

Learn about traditional celebrations in pioneer times. Call to register, numbers are limited.

7:00 p.m.

\$8 admission

John R. Park Homestead

915 County Rd. 50 East, Harrow

519-738-2029

jrph@erca.org

www.erca.org

**WINDSOR-ESSEX COUNTY
HEALTH UNIT SERVICES**

519-258-2146

www.wechealthunit.org

COMMUNITY SUPPORT

The following classes are held in the city and county. Call the Windsor-Essex County Health Unit 519-258-2146 ext. 1340 or 1-800-265-5822 ext. 1340 for location, time, and registration.

The Windsor-Essex County Health Unit website, www.wechealthunit.org, has our fall schedule of classes.

Parenting Your Preschooler

Come and enjoy a parents' night out. Free information sessions on a variety of parenting topics are offered, including discipline, toilet learning, and picky eaters - feeding kids right.

New! Playful Parenting-Fun Activities for Kids

Play is very important in the relationship between parents and their children. Come and learn fun activities to do with your preschooler.

Just for Moms and Babies

An informational and support group for new moms and their infants up to six months of age. This group meets for six weeks and is facilitated by a Public Health Nurse.

Prenatal Classes

Six classes for pregnant moms and their coaches. Information will be provided on a variety of pregnancy topics such as Changes in Pregnancy, Care of the Newborn, and Infant Nutrition.

Parent Child Mother Goose Program

Seven classes for parents and babies under one year of age with a focus on using rhymes, songs, and stories to connect with your baby.

Off to a Great Start Program

Many researchers have identified birth to age six as the most important time for development. Check out the website www.offtoagreatstart.org, for information, activities, and resources for the early years.

Intake Nurse

The Intake Nurse is available to provide information and telephone counselling on a wide variety of topics (e.g., parenting, infant care, pregnancy, community resources). Hours of operation are from Monday to Friday 8:30 a.m. – 4:30 p.m.

Breastfeeding Support

If you are breastfeeding your baby and have questions, call the Intake Nurse at 519-258-2146 ext. 1350. If further assistance is needed, you can make an appointment to visit a Public Health Nurse at a breastfeeding clinic.

Reading, Rhythm, and Movement: Alternatives to TV (Preventing Obesity in Preschoolers)

This kit, available from local libraries, includes a music CD and children's books that encourage movement, booklets on feeding infants and preschoolers, an Activity Planner, and a booklet on physical activities for children.



safe 
Food
COUNTS

the stars count
count them

Know how safe a
food premises is after
each inspection.



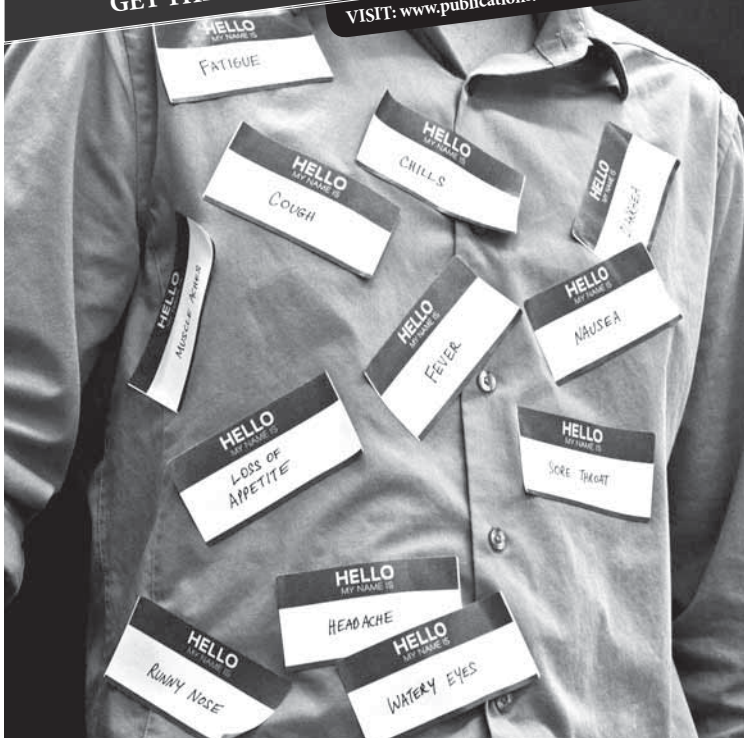
519-258-2146
www.safefoodcounts.ca

If you don't see the Food Safety Stars...
ask.

FLU
SHOT
2009

PROTECT YOURSELF AND YOUR CO-WORKERS,
GET THE FLU SHOT THAT'S RIGHT FOR YOU!

VISIT: www.publications.serviceontario.ca/ecom/



2009 WTW Healthy Workplace Awards

Breakfast & Seminar



Featuring
NORA SPINKS
*Speaker, facilitator,
consultant, and author.*

Work & Life Success:

Complementary Elements
Not Competing Interests

Wednesday, October 21, 2009

7:30 a.m. to 11:30 a.m.

7:30 – Breakfast

8:00 – Awards Presentation

9:00 – 11:30 - Nora Spinks

Ciociaro Club - Salon A

3745 North Talbot - Oldcastle, ON

Register online at:
www.wehealthunit.org

Celebrating
8 YEARS
OF HEALTHY WORKPLACE
EXCELLENCE

PLUS 4th Annual
Bike Friendly
Workplace Awards

WORKING TOWARD
wellness
LIVE BETTER · LIVE LONGER



STOP CLEAN YOUR HANDS

HELP KEEP YOURSELF AND YOUR CO-WORKERS HEALTHY

STEPS TO HAND WASHING



1 WET HANDS
Remove jewellery and watch. Wet hands with warm water.



2 SOAP
Be sure to use enough liquid soap.



3 LATHER WELL
Lather for *15-20 seconds*. Clean wrists, palms, back of hands and between fingers.



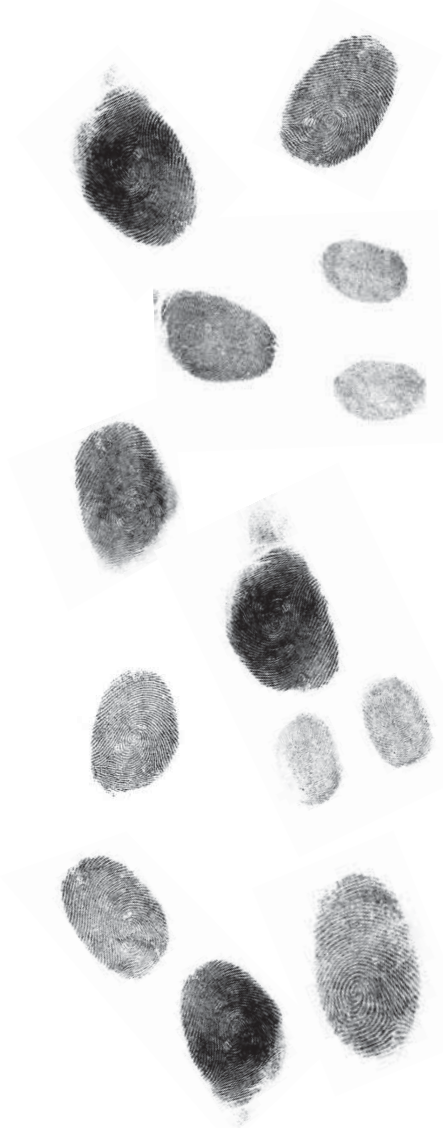
4 RINSE
Rinse with warm water. Be sure not to touch side of sink.



5 DRY
Dry hands completely with paper towel or with an air dryer.



6 KEEP CLEAN
Use a paper towel to turn off water and open door, protecting hands from being recontaminated.



KEY REFERENCES:
Ontario Ministry of Health and Long-Term Care (November 2008). Retrieved May 4, 2009, from <http://www.health.gov.on.ca/cs/influenza/>

STEPS TO HAND SANITIZING



1 APPLY
Apply enough sanitizer to completely cover both hands.



2 RUB PALMS
Rub hands together, palm to palm for *15-20 seconds*.



3 RUB TOP
Rub top of hand with palm of other hand.



4 UNDER FINGERS
Spread sanitizer over and under fingernails.



5 BETWEEN FINGERS
Spread sanitizer between fingers.



6 RUB UNTIL DRY
Keep rubbing hands together until they are dry. Don't dry with a towel.

Medicine Cabinet Clean Out



Between Nov. 1 - 30, 2009

Medication Safety. It's About Your Health and the Health of Your Environment

Between November 1st and 30th, 2009, you can take your old or unused medicines including prescription and over-the-counter drugs, vitamins, and herbal supplements to a participating pharmacy in Windsor and Essex County for safe disposal. Get more information at www.wehealthunit.org, click on Healthy Living, and then click on Substance Abuse. For more details on Medicine Cabinet Clean Out, watch for posters at your workplace.

Clean out
your
medicine
cabinet
at least
once
a year.

Eat Smart!



Eat Smart! Workplace Award of Excellence

Eat Smart! recognizes top Ontario workplaces that meet exceptional standards in nutrition, safe food handling, and a smoke-free environment.



Eat Smart! and feel better! The choice is yours.

Contact the Registered Dietitians at the Windsor-Essex County Health Unit at nutrition@wehealthunit.org or 519-258-2146, ext. 3107 to find out how your workplace can become Eat Smart! certified.

It's time to stick it to prostate cancer



CANCER TALK

PROSTATE

A public event that provides the facts about cancer prevention and screening

NOV. 18, 2009

7 P.M. TO 9 P.M.

DOORS OPEN AT 6:30 P.M.

CABOTO CLUB 2175 Parent Avenue Windsor

FREE TO THE PUBLIC

with a donation to Sparky's Toy Drive



come out for a chance to win some **GREAT PRIZES**



Canadian Cancer Society

Société canadienne du cancer



cancer care ontario
erie-st-clair regional cancer program

action cancer ontario
programme régional de cancérologie d'éné-st-clair

THE WINDSOR STAR
windsorstar.com



Windsor & Essex County Cancer Centre Foundation



CANCER PREVENTION NETWORK
ERIE - ST. CLAIR

BE UV SMART

What is Skin Cancer?

Skin cancer is the most commonly diagnosed cancer. There are three types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. The first two cause scarring and are rarely fatal. The third type, melanoma, is dangerous because it can spread throughout the body. The good news is that if caught early, melanoma has a 90% cure rate (Canadian Dermatology Association, 2009). In Canada, 87% of males and 93% of females will survive at least five years after they are diagnosed with melanoma (Public Health Agency of Canada, 2009).

What Causes Skin Cancer?

Ultraviolet radiation (UV) from the sun and tanning equipment is the main cause of skin cancer. UVA and UVB are the ones that do the most permanent damage to the skin and eyes.

Who is at Risk?

At increased risk are people who have:

- Severe blistering sunburn(s). For example, one blistering sunburn in a child or teen more than doubles his or her chance of developing melanoma later in life.
- Long-term exposure to UVA and UVB (i.e., sun or indoor tanning equipment).
- Skin cancer or a family history of melanoma.
- Having light coloured skin, eyes, and hair; more than 50 moles; a large mole; and those born with a mole are also at increased risk.

How Can You Protect Yourself and Your Family?

UVA and UVB radiation not only cause cancer, they cause premature wrinkling and aging of the skin. Those who still want a tan should consider self-tanners (e.g., creams, lotions, and sprays) to help keep their youthful looks and reduce their risk of skin cancer.

Be sure to wear enough sunscreen. Most people do not use enough sunscreen. To protect your exposed skin use about 28 mL (one oz) of sunscreen. That's enough sunscreen to fill a "shot" glass or two tablespoons. You may have to re-apply sunscreen throughout the day depending on what type of sunscreen you are using and on what type of activity you are doing. Follow the directions on the container.



FAMILY SUN SAFETY GUIDELINES

The risk of skin cancer can be greatly reduced. Protect yourself and your family from over-exposure to the sun. Practice sun safety. Be sunburn free. Be tan free.

Apply sunscreen according to these guidelines:


- Use sunscreen SPF 30 or higher if outside for an extended period of time.
- Use at least 28 mL (1 oz) of sunscreen on unprotected skin (a "shot" glass full or 2 tablespoons). Also, use sunscreen on your lips.
- Apply sunscreen to dry skin at least 20 minutes before going outside.
- Re-apply sunscreen at least every two hours. More often if sunscreen is washed off from swimming or sweating.
- Use sunscreen on cloudy days as up to 80% of the sun's UVA and UVB radiation can get through the clouds.

Other key ways to protect yourself from the sun:

- Take extra care from 10 a.m. to 4 p.m., when sun is strongest.
- Wear dark coloured, tightly woven clothing (e.g., navy blue clothing blocks ultraviolet radiation better than light coloured clothing).
- Wear a wide brimmed hat -10 cm (4 in). The hat needs to cover the face, ears, and back of the neck. Or, wear a ball cap with a cloth tucked in so the cloth hangs down and covers the ears and back of the neck.
- Wear UV protective sunglasses that block both UVA and UVB radiation.
- Seek shade as much as possible (e.g., tree, umbrella, rooftop, or shade tent).

KEY REFERENCES:

- Canadian Dermatology Association. (2009). Melanoma. Retrieved July 10, 2009, from <http://www.dermatology.ca/programs/melanomainfo/index.html>.
- Public Health Agency of Canada. (2009). *Melanoma skin cancer facts and figures*. Retrieved July 15, 2009, from http://www.phac-aspc.gc.ca/cd-mc/cancer/melanoma_skin_cancer_figures-cancer_peau_melanome_figures-eng.php.



cervical cancer

RISK REDUCTION & SCREENING

Cervical cancer can often be prevented or treated early. Indeed, it is estimated that regular screening has reduced cervical cancer deaths by at least 70%.

Although it is not the most common cancer, it can be deadly. In 2008, nearly 30% of Canadian women diagnosed with cervical cancer died from the disease and about 60% of women that died had not been screened or were inadequately screened (Murphy, 2007).

What is cervical cancer?

Cervical cancer starts in the cells of the cervix. The cervix is the thin passage from the uterus to the vagina. Before cervical cancer develops, the cells of the cervix change and become abnormal. This change is called dysplasia of the cervix. If not treated, dysplasia can develop over time into cancer. However, most women with dysplasia do not develop cancer.

What causes cervical cancer?

The human papilloma virus (HPV) is estimated to cause almost 100% of cervical cancer cases and 90% of all anal cancers. HPV is responsible for the cells in the cervix changing and becoming abnormal (Walboomers et al., 1999).

Other risk factors for developing cervical cancer include:

- Family history.
- Becoming sexually active at a young age.
- Having many sexual partners, or having a sexual partner that has had many sexual partners.
- Smoking.
- Long-term use of birth control pills.
- A weakened immune system.

What is HPV?

There are many different types of HPV. Genital HPV is one of the most common sexually transmitted infections that affect both females and males. It is estimated that 75% of Canadians will have at least one HPV infection during their lifetime (Society of Obstetricians and Gynaecologists of Canada, 2007). People who have HPV may not show any signs or symptoms.

What should you do?

There are three commonly accepted ways to lower the risk for cervical cancer and to detect it early.

1. **Limit sexual partners** It is important to limit sexual partners and to always use a condom to protect against HPV.
2. **Get vaccinated against HPV** A new vaccine called Gardasil™ is 100% effective in preventing the four most common kinds of HPV infection. The vaccination has been approved for girls and women aged 9 to 26. Many provinces are funding school-based vaccination programs for teens. Talk to your health care provider about the vaccine.
3. **Have routine Pap tests** Routine Pap tests are the most important way to detect cervical cancer early. Current Canadian guidelines suggest:
 - An initial Pap test within three years of when you begin having sex or at age 21, whichever comes first.
 - When Pap tests are normal for three years in a row, you may only need a Pap test every 1-3 years until the age of 70.

Take action against cervical cancer

Currently only 72% of eligible Canadian women are routinely screened for cervical cancer. Increased participation in regular screening and greater uptake of the HPV vaccine could reduce the number of Canadian women who die early from this disease. You are in charge of your own health – make sure you get screened and encourage the young women in your life to get the HPV vaccine.

KEY REFERENCES:

Murphy, J. (2007). Screening for cervical cancer. *Journal of Obstetricians and Gynecologists Canada*, 29(8), S27 – S36.
Society of Obstetricians and Gynaecologists of Canada (2007). *Spread the word: General information on HPV* Retrieved June 7, 2009, from http://www.hpvinfos.ca/hpvinfos/pdf/Quick-Facts-General-Info_e.pdf
Walboomers, J.M., Jacobs, M.V., Manos, M.M., Bosch, F.X., Kummer, J.A., Shah, K.V., et al. (1999). Human papillomavirus is a necessary cause of invasive cervical cancer worldwide. *Journal of Pathology*, 189(1), 12-19.

prostate cancer

REDUCE YOUR RISK



Prostate cancer is a disease that starts in the prostate gland, which is part of the male reproductive system. Healthy living and early detection is key in helping to reduce your risk and manage this disease.

Should I be concerned?

Yes! Prostate cancer is the most commonly diagnosed cancer for men. In 2009, nearly 25 500 men will be diagnosed and 4 400 will die from the disease.

What causes prostate cancer?

There is no single cause but some factors can increase the chances of getting it.

- Age—80% of the cases occur after age 60.
- Family history.
- Being of African descent.

How can I reduce my risk?

Leading a healthy lifestyle can reduce your risk of prostate cancer.

- Reach and keep a healthy weight.
- Be physically active on a daily basis.
- Eat a lower fat diet.
- Eat more vegetables and fruit.

What are the symptoms of prostate cancer?

The following signs or symptoms do not usually indicate that prostate cancer is present; however, if any occur they should be discussed with your health care provider:

- Need to urinate often, especially at night.
- Intense need to urinate (urgency).
- Difficulty in starting or stopping urine flow.
- Inability to urinate.
- Weak, decreased, or interrupted urine stream.
- A sense of incompletely emptying the bladder.
- Burning or pain during urination or ejaculation.
- Blood in the urine or semen.
- Constant pain in the lower back or pelvis.

Is there a standard prostate cancer-screening program?

There are no prostate cancer-screening programs in Canada for healthy men without any symptoms. In general, a population wide prostate screening program is not recommended because there is no firm evidence that it will reduce illness or death from prostate cancer. All men over the age of 50 should discuss their prostate cancer risk with their health care provider.

What early detection tests are available?

There are a number of tests that your health care provider may consider as part of his or her assessment.

Digital Rectal Exam (DRE)

A DRE involves examining the prostate through the rectum wall. A doctor places a gloved finger into the rectum to feel if the prostate gland has any bumps, irregularities, or changes in size.

Prostate Specific Antigen (PSA)

The PSA test involves having a blood test that looks for levels of PSA, a substance produced by the prostate gland. If your PSA is higher than normal, more tests will be done. It is helpful to know that although high PSA levels may indicate the presence of cancer, a large prostate or other prostate problem can also cause high levels. Two out of three men who have a high PSA will not have prostate cancer.

What else can I do to help reduce the potential risk?

No matter what you do, there is no guarantee that you will not get prostate or any other cancer. Leading a healthy lifestyle and having regular health checkups, including prostate health assessment, can improve your overall health and well-being.

KEY REFERENCES:

Canadian Cancer Society's Steering Committee (2009). *Canadian cancer statistics 2009*. Toronto: Canadian Cancer Society.

Centre For Effective Practice, Canadian Cancer Society & Cancer Care Ontario (2009). *Testing for cancer my options my choice*. Toronto: Canadian Cancer Society.

WE LOSE
WE WIN



a community-wide campaign for healthy weights



REACH AND KEEP A HEALTHY BODY WEIGHT

Visit www.wehealthunit.org and click on the WE Lose WE Win button.

DATE: TIME: LOCATION:

OCT. 14	7-9 PM	ESSEX: Primary Recreation Complex. 242 Talbot St. N.
OCT. 21	6-8 PM	WINDSOR: WFCU Centre. 8787 McHugh St.
OCT. 28	6-8 PM	TECUMSEH: L'Essor Secondary School/École secondaire l'Essor. 13605 St. Gregory's Rd.
NOV. 4	6-8 PM	LAKESHORE: Puce Sport and Leisure Centre. 962 Old Tecumseh Rd., Emeryville, ON
NOV. 10	6-8 PM	LASALLE: St. Thomas of Villanova Catholic Secondary School. 2800 N. Townline, RR#3
NOV. 18	6-8 PM	AMHERSTBURG: Community Recreation and Culture Centre. 179 Victoria St. S.
NOV. 25	6-8 PM	LEAMINGTON: Cardinal Carter Catholic Secondary School. 120 Ellison Ave.

Registration is required as space is limited. For more information or to register, visit www.wehealthunit.org or call 519-258-2146 ext. 3100

*Also stay tuned for information about the
online Healthy Weights Challenge.*

HEALTH ISSUES

websites:

Canadian Breast Cancer Foundation
www.cbcf.org/breastcancer

Canadian Cancer Society
www.cancer.ca

Canadian Dermatology Association
www.dermatology.ca

Canadian Lung Association
www.lung.ca

Cancer Care Ontario
www.cancercare.on.ca

Colon Cancer
www.ColonCancerCheck.ca

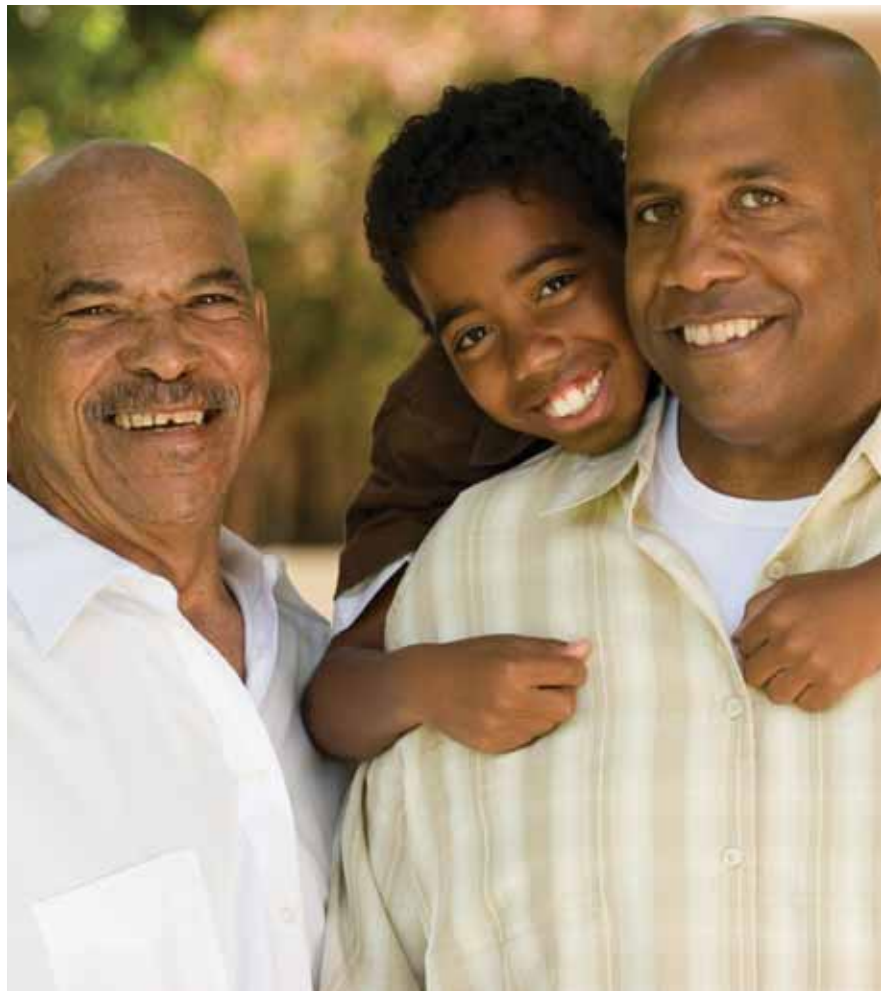
Dietitians of Canada
www.dietitians.ca

Low Risk Drinking Guidelines
www.lrdg.net

ParticipACTION
www.participaction.com

Prostate Cancer Canada Network
www.ppcn.org

Public Health Agency of Canada
www.phac-aspc.gc.ca/cd-mc/cancer/index-eng.php



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