



## A NOTICE TO OUR READERS:

This will be our last printed edition because we're going PAPERLESS! To join our electronic distribution list, email [icsregional@southlakeregional.org](mailto:icsregional@southlakeregional.org).

### FIT LAUNCH >

## Timely Follow-Up of Abnormal Results: Central Region FIT Positive Colonoscopy Referral Process

**Dr. Marla Ash, Regional Primary Care Lead and Dr. David Baron, Regional Colorectal Screening / GI Endo Lead**

Since abnormal FIT results are associated with a higher chance of colorectal cancer and diagnostic delays can lead to disease progression, it is imperative that FIT-positive colonoscopies be **completed within eight weeks** of an abnormal FIT result. Within the Central Region, these colonoscopies will only be performed at our six hospitals. **Out-of-hospital facilities will not be performing FIT-positive colonoscopies.** For patients seeking FIT-positive colonoscopies at alternate hospitals, a list of all facilities performing FIT positive colonoscopies in Ontario can be found at [cancercareontario.ca/FITcolonoscopy](http://cancercareontario.ca/FITcolonoscopy).

To expedite the referral process across all participating hospitals, please find enclosed with this newsletter a copy of the **Central Region FIT Positive Colonoscopy Referral Form** required to ensure timely access for our patients. For a patient with a FIT positive result, select and fax to the specific hospital you would like to refer your patient to (or specialist if at Stevenson Memorial Hospital). These forms will be made available on the hospitals' websites and the Regional Cancer Centre website [stronachregionalcancercentre.com](http://stronachregionalcancercentre.com). Please note that this referral form **must not be used for any other colonoscopy indication** (e.g. family history, symptomatic patients).

Please add the FIT Positive Colonoscopy Referral form to your library of referral forms in your EMR. As prepared by the North York Family Health Team, the referral form is now available for download for Accuro and Practice Solutions Suite EMR users.

- **For PSS users**, please import the custom form "Central FIT Positive Colonoscopy Referral (CCO).cfm" into your server - it can be downloaded at [bit.ly/2IUUCKQu](http://bit.ly/2IUUCKQu). For instructions on how to import custom forms, please visit [bit.ly/2Ki5be9](http://bit.ly/2Ki5be9)
- **For Accuro users**, the form is available in Accuro Cloud as "Central FIT Positive Colonoscopy Referral (CCO)". For instructions on how to download, visit [bit.ly/2KGNqW3](http://bit.ly/2KGNqW3) (Repository: Ontario forms; Category: Standard Forms; Use keyword 'CCO' or 'NYFHT' to search)

For CCC program questions, visit [cancercareontario.ca/pcscreeningprograms](http://cancercareontario.ca/pcscreeningprograms) email [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca) or call 1-866-662-9233.

### Questions about the process?

If you have any questions about the process and referral form, please email [icsregional@southlakeregional.org](mailto:icsregional@southlakeregional.org)

### Unsure which Ontario facilities are performing FIT+ colonoscopies?

A complete list is available at [cancercareontario.ca/FITcolonoscopy](http://cancercareontario.ca/FITcolonoscopy)

### Looking for more information about FIT?

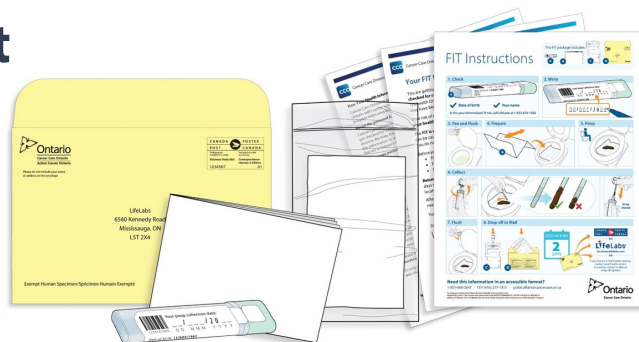
Please visit the FIT resource hub at [cancercareontario.ca/FIThub](http://cancercareontario.ca/FIThub)

### Having difficulty faxing the FIT requisition to LifeLabs?

Please ensure you are using the correct LifeLabs designated fax number: 1-833-676-1427. If you are unable to fax the requisition, please note that LifeLabs has a dedicated FIT helpline: 1-833-676-1426

## Frequently Asked Questions (FAQ) About the Fecal Immunochemical Test (FIT)

As of December 24, 2019, labs in Ontario will no longer test CCC gFOBT kits. For additional FAQs, resources, or to download the newly added CPD module for FIT, please visit [cancercareontario.ca/FITHub](http://cancercareontario.ca/FITHub)



### I use FOBT as part of my investigation for iron deficient anemia, now I can no longer use FOBT and I don't want to send everyone for a scope. What do you recommend?

Cancer Care Ontario does not recommend using the gFOBT or FIT for indications other than colorectal cancer screening. Using stool-based testing as a diagnostic tool has been shown to lead to diagnostic delays and inefficiencies. Patients presenting with symptoms or anemia should be referred to a specialist for evaluation. It is not appropriate to use gFOBT or FIT in the evaluation of symptomatic patients.

### How sensitive is FIT for upper GI bleed?

Although the FIT is more specific for occult blood in the stool from a lower gastrointestinal (GI) source, it is possible that FIT may detect blood from upper GI sources – this depends on the amount of intact globin in the stool. Generally, globin from upper GI sources will be digested prior to reaching the lower bowel; however, the rate of blood moving through the digestive tract from upper GI bleeding may affect globin digestion leading to an abnormal FIT result. As mentioned, the use of stool-based testing as a diagnostic tool is not recommended as it leads to diagnostic delays and inefficiencies.

### When does the “21 months” time period start, where LifeLabs will not accept a FIT requisition for a patient who is not considered due for screening?

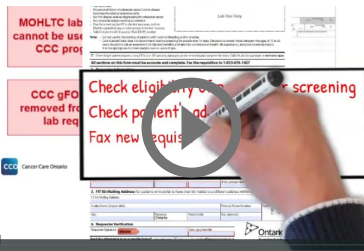
LifeLabs will accept FIT requisitions 21 months after a patient's last stool-based test result was reported. If a FIT requisition is submitted earlier than 21 months after a patient's last stool-based test, the requisition will not be accepted by LifeLabs.

### I have a healthy, 75-year-old patient. Can they still continue to be screened using FIT?

FIT will be available at no cost through the CCC program to people between the ages of 49 to 85 with Ontario Health Insurance Plan coverage. LifeLabs will accept FIT orders for people over the age of 74, but will not for people over the age of 85. In general, people older than 74 may not benefit as much and are at more risk of having complications when they get screened for colorectal cancer. The CCC program currently does not recommend routine population-based screening for people over 74; however, it is considered appropriate to screen some people after age 74 if the benefits of screening outweigh the risks. The benefits vary, depending on someone's life expectancy and their screening history, while the potential for harm (including complications from diagnostic procedures and psychological distress from screening) increases. In particular, the benefits of screening are greater if someone has never been screened compared to if someone has regularly screened up until that age. For these reasons, whether adults ages 75 to 85 should get screened for colorectal cancer with FIT is at the discretion of the patient and their provider. However, the CCC program strongly recommends against colorectal cancer screening among people older than 85.

### When patients are completing the FIT, does the stool sample need to be on both sides of the stick, or just one side?

When completing a FIT, the stool sample should cover the entire grooved portion of the stick.



## FIT Video for Providers

Dr. Alexandra Ginty (Regional Primary Care Lead, LHIN 6) has made a FIT video for family doctors. The 6-minute video is an innovative and informative way to highlight the essentials about the new processes for FIT implementation. Watch and share: [vimeo.com/337672883](https://vimeo.com/337672883)

NEW RESOURCES AND REPORTS FROM CCO >

## Updated Symptom Management Guides

The recently revised Clinician Symptom Management Guides and Algorithms for Pain and Depression can be found, along with guides for 21 additional symptoms, at [cancercaresontario.ca/en/symptom-management](http://cancercaresontario.ca/en/symptom-management).

## Transitions in Care Program Guideline

The CCO "Follow-Up Model of Care for Cancer Survivors: Recommendations for the Delivery of Follow-Up Care for Cancer Survivors in Ontario" can be found at [cancercaresontario.ca/en/guidelines-advice/types-of-cancer/58736](http://cancercaresontario.ca/en/guidelines-advice/types-of-cancer/58736).

## Ontario Cancer Plan 2019-2023

The 5th Ontario Cancer Plan builds on the solid foundation of previous plans and will serve as a road map, over the next 4 years, to reduce Ontarians' risk of developing cancer and improve outcomes for those affected by cancer. View it now at [cancercaresontario.ca/en/cancerplan](http://cancercaresontario.ca/en/cancerplan).

OUTREACH AND EVENTS >

## National Indigenous People's Day Event

On June 20th, the Central Regional Cancer Program partnered with the Métis Nation of Ontario, Southlake Regional Health Centre and Cancer Care Ontario to hold an event to celebrate National Indigenous People's Day (June 21st). Together we completed a mural to show our partnership and Métis People's path to wellbeing. Senator Joseph Poitras also spoke about the importance of National Indigenous Peoples in the Métis culture.

This event was made possible by teams from:



## Mammathon 2019

Across 23 OBSP sites, 540 women were screened for breast cancer between May 13 and May 17, 2019.

Mammathon was a successful event this year with 540 women being screened for breast cancer. It was a fun-filled week with 23 Ontario Breast Screening Program (OBSP) sites going above and beyond to make this an enjoyable event for their clients. Thank you to all the primary care providers who reminded women who were overdue for screening to be checked during this year's Mammathon.



OUTREACH AND EVENTS CONTINUED >

## Breast Cancer Awareness Month and Cervical Cancer Awareness Week: October 2019

October is Breast Cancer Awareness Month (BCAM) and Cervical Cancer Awareness Week (CCAW). The Breast Cancer Screening participation rate for the Central Region in 2015-2016 was 66.1% with a current provincial target of 65% participation. Our Cervical Cancer Screening rate in 2014-2016 was 61.8% with a current provincial target of 64%. This means many eligible women are due for screening and are not taking action to be screened. There are many reasons why this may be, including but not limited to: fear, pain, time, lack of knowledge, etc.

**You can use BCAM and CCAW as a way to increase awareness of these screening programs, and as a reminder for patients to get screened.**



Use your SAR or EMR to determine who is due or overdue for screening, and contact them to remind them about the importance of regular cancer screening



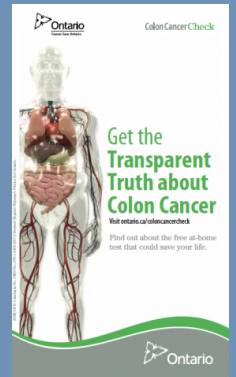
Hold a pap clinic during CCAW! Sign your clinic up at [fmwc.ca/events/pap-campaign](http://fmwc.ca/events/pap-campaign) and notify your patients who are due or overdue to participate in the pap clinic



Contact us at the Regional Cancer Program for resources and/or social media posts to promote BCAM and CCAW

### Note: CCC Resource Now Discontinued

Please be advised that the "Get the Transparent Truth about Colon Cancer" pamphlet has been discontinued. Please recycle any copies of this brochure that you have.

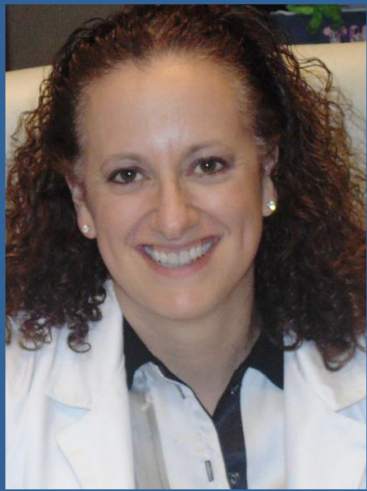


## Nicotine Trial Pack Offer from Smokers' Helpline

Smokers' Helpline is offering a trial package of NICODERM® patches and NICORETTE® nicotine gum to qualifying quitters until November 30, 2019 or while supplies last.

For more information visit [smokershelpline.ca/trial-pack/trial-offer](http://smokershelpline.ca/trial-pack/trial-offer)

## NEW Regional Cervical Screening / Colposcopy Lead, Dr. Felice Lackman



Dr. Felice Lackman completed her residency in Obstetrics and Gynecology at the University of Western Ontario, her fellowship in Gynecologic Oncology at the University of Calgary, and has been practicing as an Obstetrician/Gynecologist and Gynecologic Oncologist at Markham Stouffville Hospital since 2003.

### A message from Dr. Lackman:

I am very excited to join CCO in my new role as the Regional Cervical Screening and Colposcopy Physician Lead for the Central Regional Cancer Program. Since cervical cancer is a preventable disease, my goal is to work towards its eradication, by increasing the cervical screening rates in our region and decreasing the wait times for colposcopy for women with high grade cervical pap smears.



Central Regional Cancer Program  
in partnership with Cancer Care Ontario

### SEND US YOUR INPUT, IDEAS, & FEEDBACK:

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