



April is Cancer Awareness Month

An estimated 166,400 new cases of cancer and 73,800 deaths occurred in Canada in 2008. On average, 3,200 Canadians will be diagnosed with cancer every week. Do your part and ensure you get screened for the following :

Type of Cancer	Who should be screened?	Screening method and schedule
Breast	All women *	Clinical breast exam by a trained health care provider at your regular check-up, every 1-2 years
	Women age 40 to 49	Talk to your health care provider about having a mammogram
	Women age 50 and over	Mammogram every 2 years, or as recommended by your health care provider
Cervical	All women	Pap test every year, starting within 3 years of first sexual activity <ul style="list-style-type: none"> • If tests are normal for 3 years in a row, Pap tests can be done every 2-3 years • Continue Pap tests until at least age 70
Colorectal	Average risk men and women age 50 and over	Fecal Occult Blood Test (FOBT) every 2 years <ul style="list-style-type: none"> • Positive tests should be followed up with a colonoscopy
	Men and women with a family history of colorectal cancer	Colonoscopy at age 50, or ten years earlier than the age at which a parent, brother, sister or child was diagnosed, whichever occurs first
Prostate	Men age 50 and over	Talk to your health care provider about a digital rectal exam and PSA (Prostate Specific Antigen) testing

For more information please visit: http://www.cancer.ca/ontario.aspx?sc_lang=en



Are you having trouble paying for your medications?

Do you pay for your medications?
 Do you have a drug plan but are not fully covered?
 Are you diabetic and having difficulty paying for your supplies?

There may be help available for you

Please ask to speak with our Care Navigator.
 You may qualify for financial assistance.

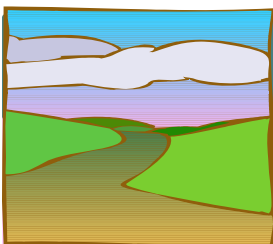


Jie is back!

Jie, our Registered Nurse in the Red Area, is back from maternity leave. Please join us in welcoming her return.

Clinic closure - April 14th

Please note that the clinic will be closed on April 14th for a staff educational day. The clinic will reopen at 3:00pm for walk-ins only.



New workshop coming soon!

PATH: Personal Action Towards Health

Personal Action Towards Health is a six-week self-management workshop that empowers people to live well while dealing with conditions like diabetes, heart disease, arthritis, lung disease, and other health issues.

You will develop new tools and skills that can help break the “symptom cycle,” to feel better, and do more of the things you love and enjoy.

Subjects covered include:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation;
- Appropriate exercise for maintaining and improving strength, flexibility and endurance;
- Appropriate use of medications;
- Communicating effectively with family, friends and health professionals;
- Nutrition; and
- How to evaluate new treatments

- **FREE** 6 week Workshop
- 2 1/2 hours per week
- All are welcome



If interested or for more information, please talk to your health care provider or register with the front administrative staff. You will be contacted when the next workshop is held.

SETFHT has a new staff member—Hala Elimam, Physician Assistant

What is a Physician Assistant?

A Physician Assistant is a skilled health care provider who works under the direct supervision of a licensed physician to provide patient care.

Some of the things a Physician Assistant can do are:

- Take a medical history;
- Perform a physical exam;
- Diagnose and develop a clinical treatment plan;
- Order, perform and interpret diagnostic tests;
- Administer medication;
- Monitor patient progress and response to treatment; and
- Provide counselling on preventive health care.

We are happy to welcome Hala as a new team member at SETFHT!