

The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital Met Campus-1995 Lens Avenue, Windsor, N8W 1L9 / Ouellette Campus-1030 Ouellette Avenue, Windsor, N9A 1E1

## IN THIS WEEK'S ISSUE

NEW CANCER CASES HAVE TRIPLED
IN ONTARIO SINCE 1981

WRH PROUD TO SUPPORT LGBT VIGIL
NEW FACES AT WRH

SCHEDULE OF EVENTS

NEW SYSTEM FOR MEDICAL CHECKS
CULTURE, FOOD, MUSIC & FOOD

HEALTHY LIVING RECIPE
A WORK OF ART

FALLS PREVENTION

• DRAGON BOAT BALE SALE
• DRIVE 4UR COMMUNITY EVENT

# WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

To contribute a news tip, story or advertisement in the next issue, please email us at: frontlinetribune@wrh.on.ca

> Ron Foster, Editor ron.foster@wrh.on.ca 519-254-5577 ext. 52003

Gisele Seguin gisele.seguin@wrh.on.ca 519-254-5577 ext. 52008

Steve Erwin steve.erwin@wrh.on.ca 519-254-5577 ext. 33350

David Lenz david.lenz@wrh.on.ca 519-254-5577 ext. 32539



facebook.com/windsorregionalhospital



# New Cancer Cases In Ontario Have Tripled Since 1981

While the last three and a half decades have seen the number of new cancer cases nearly triple, survival from cancer has also steadily increased, according to a new report – Ontario Cancer Statistics 2016 – released by Cancer Care Ontario.

In this first comprehensive look at the state of cancer in the province, Cancer Care Ontario has compiled data from the Ontario Cancer Registry to provide a clear picture of cancer, focusing on the incidence, mortality, survival and prevalence of the disease.

The number of new cancer cases in Ontario is increasing and can largely be attributed to an aging population and population growth. At the same time, cancer survival for nearly all cancer types is improving and mortality rates are declining, particularly from breast, colorectal and lung cancers. The five-year relative survival for all cancers combined in Ontario is 63 per cent, which is a significant increase from 48 per cent in the mid-1980s.

The report, which is a definitive source for cancer surveillance information for Ontario, will be published every two years. It is intended to support decision-makers, the public health community, healthcare providers, researchers and others in planning and evaluating populationbased cancer control efforts, including those related to cancer screening, prevention and treatment.

#### **Key Statistics:**

- Approximately 1 in 2 Ontarians will develop cancer in their lifetime and approximately 1 in 4 Ontarians will die from it.
- Approximately 85,648 new cases of cancer are expected to be diagnosed in Ontario in 2016, which is almost triple the number of cases that were diagnosed in 1981 (29,649 cases).
- There are now more people living in Ontario with a diagnosis of cancer than there were 20 years ago an estimated 362,557 people as of January 1, 2013 (or about 2.7 per cent of the population).

Rising cancer rates and an aging population present unique challenges to the Ontario cancer system. The Ontario Cancer Plan 2015-2019 is designed to address these trends to ensure a sustainable cancer system for future generations. Together with its partners, Cancer Care Ontario is using the plan to reduce the risk of Ontarians developing cancer, while improving the quality of care for current and future patients.

A full copy of the report is available at **www.cancercare.on.ca**/ **OCSReport**. To read more about the fourth Ontario Cancer Plan and the work Cancer Care Ontario is doing to ensure a sustainable cancer system, please visit **www.ocp.cancercare.on.ca**/

To determine your personal cancer risk, visit

www.mycanceriq.ca today.



Cancer Care Ontario Action Cancer Ontario

WINDSOR REGIONAL HOSPITAL

Visit our website for more information at www.wrh.on.ca

# **UPCOMING EVENTS**

JUNA Day For A Life Golf Tournament22Time: 10:00amKingsville Golf & Country Club

### JUN Drive 4UR Community

Time: 9:00am - 2:00pm Ken Knapp Ford 390 Talbot Street North, Essex

JUN Dragon Boat Bake Sale

Teets-Ahoy Dragon Boat Team Vendor Hallway, Met Campus

JUL JUL Time: 9:00am Fort Malden Historic Site 100 Laird Avenue, Amherstburg

JUL Time: 10:00am - 8:00pm Adventure Bay 401 Pitt Street West

JUL International Dragon Boat Races Waterfront Park 13451 Riverside Drive East, Tecumseh

UL Blood Pressure Screening Clinic Time: 12:00pm - 3:00pm Met Campus, Vendor Hallway

AUG Blood Pressure Screening Clinic Time: 12:00pm - 3:00pm Ouellette Campus, Vendor Hallway

## SEP Car Seat Clinic

Time: 10:00am Windsor Fire Station #7 1380 Matthew Brady Avenue

OCT Blood Pressure Screening Clinic Time: 12:00pm - 3:00pm

Met Campus, Vendor Hallway



Eating undercooked meat or contaminated food, drinking unpasteurized (raw) milk or untreated drinking water can cause a gastrointestinal infection with Campylobacter.

# WRH Proud To Support LGBT Vigil

Windsor Regional Hospital employees and their families were among the hundreds who attended an emotional yet inspiring vigil last week in support of our local LGBT community.

Just days after the tragedy in Orlando, Florida, where 49 people were killed by a shooter inside Pulse nightclub, the community gathered on Maiden Lane in downtown Windsor to commemorate the victims and their families.



The Canadian flag at the WRH Ouellette Campus was at half mast in honour of the shooting victims and in support of a local vigil.

Photo Above: Mayor Drew Dilkens, City of Windsor addresses the crowd at the Vigil For Orlando.

"While we as a community have come a long way in some aspects, there is hate, intolerance, prejudice and persecution that can still be seen against minorities of all kinds here and around the world," said David Lenz, President of Windsor-Essex Pride Fest and a member of WRH's Public Affairs team. "But it's a reminder that regardless of race, religion, faith or sexual orientation, we're all human, and we need to be looking after each other and protecting each other at all times in the face of these kinds of terrible acts."

The vigil also featured an opportunity to sign a Canadian Pride Flag that will be sent to Orlando, as well as speeches by various community leaders including Windsor Mayor Drew Dilkens.

"I'm so impressed by the great turnout at the vigil on Maiden Lane," the Mayor wrote on his Facebook page the night of the event. "Thanks to all who came and helped create a stronger community."

Those who are looking to demonstrate further support for the LGBT community and the Orlando victims can consider the following:

- Post the photo and message on the Windsor-Essex Pridefest Facebook page facebook.com/wepridefest
- Tweet your photo or message to @WEPridefest with the hashtag #WeAreOrlando
- Email your photo and message to info@wepridefest.com

Also, if you would like to make a donation to help the families, you can do that directly to a GoFundMe page set up by Equality Florida to help the families of the victims at **www.gofundme.com/PulseVictimsFund**.



Photo above: Pride flag signed by supporters.



Photo Above: Reverend Robin Sherman (Tecumseh United Church), Dr. Maher El-Masri (Windsor Islamic Council) & Staff Sergeant Maureen Rudall (Windsor Police Services) release doves in remembrance of the victims.

# INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Konnie Luk RPN MEDICINE



REGISTERED NURSE

MEDICINE

Amelinda Yeryk SECRETARY REHABILITATION SERVICES



Tiffany Tremblay AMBULATION ASSISTANT AMBULATION

# Culture, Food, Music, Art and **New Windsor-Essex Hospitals System**

The Building on our Strengths campaign hit the festival scene last weekend. Staff and volunteers set up a booth at the Carrousel of the Nations Fusion Festival in Riverfront Festival Plaza to share information and answer any questions people had about the proposed new Windsor-Essex Hospitals System. Community engagement has been an integral part of the new hospital project. This experience provided a new opportunity to engage with individuals who we have not yet had the opportunity to share our vision with.

A big thanks to all of our new friends and ongoing supporters who stopped by to visit us at the festival. #WEareready to move forward with this project that will benefit families in the region for generations to come.





Thanks to Navia Novosel, Katja Betcic and Teodora Secara of Assumption High School. Jennifer Burton Liang, Child Life Art Therapist in Paediatric Services will use supplies with children in the hospital.



# **Rhubarb & Apricot Bread Pudding**

Makes 8 servings Preparation: 15 min Cooking: 45-50 min

## INGREDIENTS

- 3 cups chopped Rhubarb (1/2-inch/1 cm pieces)
- <sup>3</sup>/<sub>4</sub> cup apricot jam
- 3 eggs
- 2/3 cup granulated sugar
- 2% milk 500 mL2 cups
- 1 tsp vanilla
- 5 cups cubed day-old French or Italian bread (3/4-inch/2 cm cubes)sliced 1/4 cup almonds

### TOPPING:

- 1 can (398 ml) Devon custard, optional
- 3 tbsp 2% milk

## METHOD:

In bowl, mix together rhubarb and jam; set aside. In large bowl, whisk eggs with sugar; whisk in milk and vanilla. Stir in bread cubes. Stir in rhubarb mixture. Pour into lightly greased 9-inch (23 cm) square baking pan. Sprinkle with almonds. Place pan in slightly larger pan; pour boiling water into large pan to come two-thirds up side of smaller pan. Bake in 350 F (180 C) oven for 45 to 50 minutes or until puffed and golden on top. Topping: In small bowl, stir together custard and milk. Drizzle about 3 tbsp (45 mL) over each serving. Serve hot or cold.

> Note: Bread cubes should be slightly dried out. Lay out in single layer on baking sheet to dry slightly.

## **NUTRIENTS Per Serving:**

Calories: 284; Protein: 7; Total Fat 6 g; Carbohydrates: 53

# **New System For Medical Checks**

The pharmacy department is implementing a new system to manage medication kits and trays that will use radio frequency identification technology to help increase efficiency and improve patient safety.

The Intelliauard Kit and Tray Management system allows for more efficient replenishment and reduced errors – what would previously take 10-15 minutes to fill and check will now take as little as 90 seconds to complete! The system will inventory more than 150 items in seconds,



providing details to what is missing, expired and soon-to-expire when trays/kits are returned to pharmacy.

"Utilizing advanced safety technology such as Healthmark's RFID (radio frequency ID) tags will enable pharmacy to support a safer medication system for our patients," says Christine Donaldson, WRH's Director of Pharmacy Services. "We will optimize, control, and monitor high-alert medication much more efficiently. All tagged medications can be easily tracked and removed quickly if there is a medication recall. This safety initiative brings us one step closer to best-practice recommendations for traceability of each product's administration right to the patient level."

A clear RFID tag will be used by pharmacy for medications for Crash Trays, Code Pink Trays, OR Anesthetic Trays, Bronchoscopy Kits and Medical Procedure Kits.



