



Colorectal Cancer Month



The Stats

Colorectal cancer just doesn't seem to get much publicity, which is unfortunate, given that it is the second most common cause of cancer death for males and the third most common for women.

The Canadian Cancer Society informs us that one in 14 men and one in 16 women will develop colon cancer, and about 50% will die from it. The good news is that death rates from colorectal cancer have declined since 2000, likely due in part to improvements in screenings. And speaking of screening – if you're over 50, could you possibly spare five to eight minutes to screen yourself? If so, the National Cancer Institute provides an online risk calculator.

<https://www.cancer.gov/colorectalcancerrisk/#>

The Solutions

The Colorectal Cancer Association of Canada emphasizes primary prevention and timely screening, as well as a healthy lifestyle. Screening for people over 50 with a negative family history should be done every two to ten years, depending on the screening method.

Treatment for this cancer typically includes surgery and systemic therapies, such as chemotherapy or biologics, and radiation therapy. Recovery of function and preparations to return to work can be challenging. Fortunately, there are options for assistance to enhance recovery.

Workplace Accommodations

Proactive Case Management

Banyan Work Health Consultants can provide information, support and encouragement to expedite recovery and promote adherence to a healthy lifestyle. This can be crucial for recovery from cancer treatment, as the toll on an individual's physical, cognitive and emotional functioning is often significant. Work Health Consultants will also work toward developing a return to work plan that enables the individual to return to work as part of their re-conditioning program. Many people recovering from cancer treatment want little more than to return to their pre-cancer lives. The goal of the Work Health Consultants is typically the individual's sustainable return to his or her pre-illness job, proactive case management is a natural fit.

PillCheck - Personalized Medicine

PillCheck is a pharmacogenetic test that assesses an individual's genetic profile for known factors influencing response to medications. Several sources indicate that three to eight percent of the population has DPD deficiency, a metabolic disorder which interferes with the ability to metabolize fluorouracil (5-FU), a common chemotherapy drug. The results of standard 5-FU treatment can thus include severe adverse side effects or death. Currently, GeneYouIn is the only drug response service provider in Canada that includes the DPYD and TPMT genes.

Specialty Services

Twenty Additional Services to Enhance Your Case Management Outcomes

Wellness Workshops

Banyan now offers one-on-one educational workshops that teach people new techniques and coping skills. These may be helpful to those recovering from cancer to prepare to return to work. Topics include time management stress management, work-life balance, managing workplace anxiety, and assertiveness and self-confidence.

Reactivation

Banyan's Reactivation program assists with returning to normal activities by building mental and physical stamina to resolve barriers and other negative influencing factors impacting return to work. The goal of the program is to prepare individuals for a return to gainful employment.



- Case Management solutions geared towards resolution
- Innovative and creative interventions for complex files
- Assisting individuals in sustainable **return-to-work** strategies

To learn more about work-based solutions, visit our website at: <http://www.banyanconsultants.com>

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