

Check yourself out.

Langara Early Detection Initiative

RESOURCE GUIDE

Use this guide at your leisure to navigate through an array of online resources focused on the early detection and screening of cancers and chronic diseases. Access the sites directly by clicking on the underlined links.

LANGARA PARTNERS	
<u>Canadian Cancer Society</u>	Canadian Cancer Society, the key partner for Langara’s Wellness Promotion Program, is an excellent resource. Their site offers support and information for people with cancer, as well as their family, friends, and caregivers. The <u>WellnessFits dashboard</u> is another great resource - exclusive to Langara employees. Email <u>wellness@langara.bc.ca</u> if you have issues logging in.
<u>Morneau Shepell</u>	EAP provider, Shepell-fgi, has established Work Health Life, an online resource focused on work-life balance. Explore the broad range of articles, touch base with a counsellor through First Chat or E-counselling, and access confidential, in-person support services by booking online.
<u>Pacific Blue Cross</u>	Benefits provider Pacific Blue Cross has created My Good Health, an interactive site that is available to all members and their spouses through Caresnet. It offers a variety of tools, health calculators, videos, and tips on how to maintain your well-being. Their Health Risk Assessment maps out screening, nutrition, exercise, and other personal goals.
<u>Sun Life Financial</u>	STD, LTD, and life insurance provider Sun Life Financial hosts Brighter Life, a site dedicated to sharing ideas through a variety of articles.
Early Detection Wellness Fair Participants	<ul style="list-style-type: none"> • <u>BC Lung Association – QuitNow</u> • <u>Breast Cancer Prevention and Risk Assessment Clinic</u> • <u>Canadian Mental Health Association</u> • <u>Chartwells Langara</u> • <u>Freshii</u> • <u>Heart and Stroke Foundation</u> • <u>London Drugs – Health</u> • <u>Prostate Cancer Foundation BC</u> • <u>Vancouver Coastal Health – Healthy Living Program</u>

SCREENING TOOLS	
<u>BC Cancer Agency – Cancer Screening</u>	Information on breast, cervical, and colon cancer. Includes clinic locators for booking <u>mammograms</u> and <u>pap tests</u> .
<u>Canadian Cancer Society – It’s My Life</u>	A user-friendly, online risk assessment that walks through the risks that make you vulnerable to cancer as you age.
<u>Canadian Skin Cancer Foundation</u>	Learn the ABCDEs of early skin cancer detection.
<u>Don’t Be Risky</u>	Complete the CANRISK questionnaire to help determine your risk of developing prediabetes or type 2 diabetes.
<u>My Heart and Stroke Risk Assessment</u>	An interactive risk assessment that highlights the various risk factors that may make you prone to heart disease and stroke.
<u>Virtual Health Fair</u>	UBC provides access to over 20 different screenings, tools, and resources to help assess your current status and take steps towards a healthier self.

MEN'S HEALTH

<u>Canadian Men's Health Foundation</u>	Check out the Foundation's innovative and witty campaign targeted towards men's health, "Don't Change Much."
<u>Men's Health Initiative of BC</u>	The site's graphical timeline offers an excellent visual of male development and the risk factors that men may encounter as they age. It also includes a breakdown of men's health by age with "things to watch out for."
<u>Movember Canada</u>	This global organization is committed to changing the face of men's health and helping to fund programs that work to improve the lives of those affected by prostate cancer, testicular cancer, and mental health problems.

OTHER RESOURCES

<u>Canadian Diabetes Association</u>	Everything you need to know about diabetes, including the different types, risk factors, treatment options, and more.
<u>Colonversation</u>	Conversation surrounding colon cancer, including colon maintenance and the screening of your colon.
<u>Dieticians of Canada</u>	Check out the EATracker to assess your food choices and receive personalized feedback based on your age, gender, and activity level.
<u>Eat to Beat Cancer</u>	A global campaign that aims to crush the cancer epidemic by encouraging people to eat foods that "starve" cancer.
<u>HPV Information</u>	Learn about the signs, symptoms, and treatment of HPV.

VIDEOS

<u>How to Make Stress Your Friend</u>	Stress. It makes your heart pound, your breathing quicken, and your forehead sweat. But while stress has been made into a public health enemy, new research suggests that stress may only be bad for you if you believe that to be the case. Psychologist Kelly McGonigal urges us to see stress as positive, and introduces us to an unsung mechanism for stress reduction: reaching out to others. (Length: 14:28)
<u>Got a Meeting? Take a Walk</u>	Did you know that we spend an average of 9.3 hours per day sitting - more time than we spend sleeping? Are you aware of the impact that sitting has on your body? Nilofer Merchant suggests that the next time you have a one-on-one meeting, turn it into exercise by taking a walk. (Length: 3:28)
<u>Is the Obesity Crisis Hiding a Bigger Problem?</u>	As a young person, Peter Attia felt contempt for a patient with diabetes. She was overweight, he thought, and thus responsible for the fact that she needed a foot amputation. But years later, Attia received an unpleasant medical surprise that led him to wonder: is our understanding of diabetes right? Could precursors to diabetes actually cause obesity? (Length: 15:58)
<u>Running Against Cancer</u>	Did you know that 1/6 men are diagnosed with prostate cancer? Hear local Vancouverite Riley Senft's story about how he convinced men to "Step Into Action" towards early detection by running across Canada and giving prostate cancer the finger. (Length: 10:25)
<u>Can We Eat to Starve Cancer?</u>	William Li presents a new way to think about treating cancer and other diseases, such as anti-angiogenesis which prevents the growth of blood vessels that feed a tumour.) The first step is to eat cancer-fighting foods that cut off the supply lines and beat cancer at its own game. (Length: 19:59)
Clips from Canadian Cancer Society	<ul style="list-style-type: none"> • <u>Nutiquette: a dude's guide to checking his nuts</u> (Length: 1:23) • <u>How well do you know your equipment?</u> (Length: 3:35) • <u>What is a prostate?</u> (Length: 2:44)