

# Bring on the summer days!



## Breast Implant Cancer Risks

### Breast implant cancer risks detailed in letter from Section of Plastic Surgery

Owen Reid, MD FRCSC  
BC Section of Plastic Surgery  
July 2, 2019

On behalf of the section of plastic surgery, I am writing to inform you about an emerging issue regarding the safety of breast implants. During the past year, new information has come forward regarding breast implant associated-anaplastic large cell lymphoma (BIA-ALCL). This condition is associated with textured breast implants and it is now well-established as a formal oncologic diagnosis.

The aetiology of this condition has not been fully characterized, however, we do know that BIA-ALCL only occurs in the presence of textured breast implants. The lymphoma develops within the scar capsule that surrounds the implants and not within the breast tissue itself. To date, there have been no cases of BIA-ALCL in patients who have had only smooth breast implants. The lifetime risk associated with textured implants varies based on the type of texturing. With Allergan textured implants the risk is approximately 1/3000. With Mentor textured implants the risk is approximately 1/85,000.

This condition typically presents approximately eight years after breast augmentation surgery. The most common presentation is an enlarged breast with a periprosthetic fluid collection. Less commonly, it may present with a new palpable nodule. If a patient presents with swelling around an implant, they should have an ultrasound guided aspiration with fluid sent for cytology as well as immunohistochemistry for CD30 and ALK. If the diagnosis is confirmed patients can usually be treated with surgery which would include an en bloc capsulectomy. Radiation and chemotherapy are not typically required.

To date, there have been approximately 5 cases in British Columbia and 31 cases across the country. Health Canada has restricted the sale of Allergan textured implants; however, they are not recommending removal of all these devices.

Patients that have textured implants should have a physical examination every 12 to 24 months. Don't hesitate to refer the patient back to their plastic surgeon for this assessment.

## New to Practice – PCN Webinar

On June 10th the GPSC hosted a webinar for resident physicians to provide an overview of BC's Primary and Community Care Strategy. The webinar featured representatives from the GPSC, Ministry of Health, and Health Match BC speaking to the various components of the strategy, including patient medical homes and primary care networks, and highlighting how resident and new-to-practice physicians can get involved in their communities.

To listen to the webinar recording: <https://tinyurl.com/y3wnr9ut>

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## Bone Density Requisitions

### Bolstering Timely Patient Care

In March, the Abbotsford Division hosted an education event for MOA and Medical Imaging staff. One of the topics covered was bone density requisitions. Since the education event, Medical Imaging has seen a 10% decrease in incomplete bone density requisitions. There are however still 50% of requisitions not complete and being faxed back to physician clinics for two main reasons. To aid efficiencies and timely care, a friendly reminder to:

1) attach any previous BMD / Bone Density report from another site;

2) attach lumbar spine x-ray report that supports or states a fracture or wedging of the lumbar vertebrae.

If there are any questions or you want to talk about a requisition, please contact:

**Cindy Polesello, Supervisor**

Mammography/Bone Density,  
ARH Medical Imaging

[Cindy.Polesello@fraserhealth.ca](mailto:Cindy.Polesello@fraserhealth.ca)

*Wherever the art of medicine is loved, there is also a love of humanity.*  
– Hippocrates

## RACE Provincial Palliative Care Line

### RACE Rapid Access to Consultative Expertise

For 24/7 palliative care advice or support, Family Physicians and NPs can call the provincial line at **1-877-711-5757**.

In ongoing partnership with the Doctors of BC, the toll-free Provincial Palliative Care Consultation Phone Line is staffed by Vancouver Home Hospice Palliative Care physicians 24 hours per day, 7 days per week to assist physicians and nurse practitioners with advice about symptom management, psychosocial issues, or difficult end-of-life decision making.

## ICBC Changes: RCA Roster and updated resources for physicians

ICBC is providing additional information and resources for physicians for the changes that came into effect April 1 which impact the treatment of patients injured in a motor vehicle accident.

As part of ICBC's improved care model, a roster of Registered Care Advisors (RCAs) has been established by the provincial government. RCAs are physicians registered with the College of Physicians and Surgeons of BC who are able to provide expedited medical consultations to patients recovering from injuries due to a car crash. The RCA can then advise the patient's family physician on best practices, diagnosis, and treatment. See the complete RCA Roster: <https://www.icbc.com/partners/health-services/Pages/registered-care-advisors-roster.aspx>

Questions about the roster can be directed to the College of Physicians and Surgeons of BC.

Read more about the RCA process and requirements:

<https://www.icbc.com/partners/health-services/Pages/registered-care-advisors.aspx>

### Additional resources for physicians:

- UBC Continuing Professional Development website has archived webinars to guide physicians and MOAs through the changes
- Frequently asked questions have been integrated on ICBC's Business Partners Physician page: <https://www.icbc.com/partners/health-services/Pages/Physicians.aspx>
- Login to the Doctors of BC site for a new ICBC fee guide: <https://www.doctorsofbc.ca/member-publications/the-bcma-guide-fees/sections>
- For answers to additional questions related to physicians, call the Health Care Inquiry unit or complete the Feedback Form found on the support page: <https://www.icbc.com/partners/health-services/Pages/Support-resources.aspx>

## FHA Choosing Wisely General Surgery

### Background:

Choosing Wisely is a global movement for reducing unnecessary tests and treatments in health care. Choosing Wisely Canada inspires and engages health care professionals to take leadership in reducing unnecessary tests, treatments and procedures, and enables them with simple tools and resources that make it easier to choose wisely.<sup>1</sup>

The diagnosis of, and subsequent treatment decisions for, palpable abdominal wall hernias (inguinal and umbilical) are reliably made by patient history and physical examination alone. While the use of ultrasonography has been shown to be of some benefit in the diagnosis of occult hernias, there is no place for its routine use in the setting of a clearly palpable defect, as it only adds unnecessary cost and treatment delay with no useful contribution to definitive surgical care.<sup>2</sup>

### Recommendation:

The FHA Division of General Surgeons recommend avoiding the routine use of ultrasound in the evaluation of clinically apparent inguinal and umbilical hernias. We are happy to accept elective referrals without an ultrasound. If the referring physician is not confident in the diagnosis, it is ok to order an ultrasound. If we feel an ultrasound is necessary, then this can be ordered at the time of initial consultation.

### References:

1. Choosing Wisely Canada. - CMAJ, September 16, 2014, 186(13)
2. SAGES Jan 9, 2019- <https://www.choosingwisely.org/societies/society-of-american-gastrointestinal-and-endoscopic-surgeons/>
3. Royal Australasian College of Surgeons  
- <http://www.choosingwisely.org.au/recommendations/racs#collapse-2>

19 June 2019

Dr. David Konkin,

FHA Regional Division Head of General Surgery

## Obesity Medicine Specialist

Dr. Tanbir Sindhar

Internal Medicine, Obesity Medicine

Diplomate, American Board of Obesity Medicine

Dr. Tanbir Sindhar has announced that she has expanded the scope of her medical practice as an Obesity Medicine Specialist. She will be providing comprehensive care for patients with obesity, focusing on all key areas of weight management, including medical therapy as well as surgical referrals.

Using an evidence based approach, her multidisciplinary team will provide counselling and support in the field of nutrition, physical activity and behavioural therapy. Dr. Sindhar will continue to provide care for other chronic medical diseases like diabetes, hypertension, dyslipidemia and cardiovascular disease.

**Please fax referrals to : 604-463-1301**

11915 224 Street, Maple Ridge, BC, V2X 6B2

Phone: 604-463-1300 Fax: 604-463-1301

[www.weightcareMD.ca](http://www.weightcareMD.ca)



## \$1000 for hitting SEND

Working on your Panel Workbook and completed Phase 1 & 2? Don't forget to hit SEND - its worth \$1000 for you. That could buy you a week in Mexico this September, an iPhoneX, a Surface Pro, 20 tanks of gas or 235 Pumpkin Spice Lattes!

Completing all three phases of your panel workbook will add even more to your bottom line and get you those 75 CME credits. That is **3 YEARS** of unpaid education.

We understand that it can be easy to procrastinate the last bit of work documenting in your Workbook. Book your seat now for the **September 24 Panel Workbook Night** to give you that final push over the finish line. Dinner and support will be provided to help you hit **SEND**. Call Denise or Heidi to book your seat.

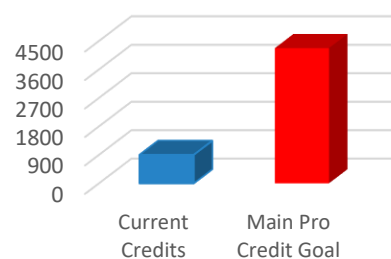
## Need more free time?

Complete your Panel Workbook for **75 CME credits** and you're good for 3 years!

Abbotsford's **Main Pro credit goal** is **4,200** and we currently have **900**.

**Let's get to our goal by December 1st!**

**Main Pro Credits - Let's Get in the CME Zone!**



## Abbotsford Division of Family Practice

202-2600 Gladys Avenue  
P: 604-746-3302  
F: 604-746-3391  
[abbotsford@divisionsbc.ca](mailto:abbotsford@divisionsbc.ca)

*Healthy & happy physicians providing fun & innovative healthcare*

Find us on the Web  
[www.divisionsbc.ca/abbotsford](http://www.divisionsbc.ca/abbotsford)



## Patient Partners Questions

As a physician you're used to your patients asking you all kinds of questions; now it's your turn! Here at the Division we have been engaging with a group of patients who are passionate about healthcare in our community. The Patient Partners are opening up the table to any questions you may have. Thinking about changing your clinic hours? Maybe you have questions about how patients feel about nurses in practice?

Send in your questions to Denise Thandi and we will get you answers from the Patient Partners!

## Webinar Series: Data Tools that Support Practices and Communities

Doctors and divisions are invited to participate in a series of webinars about data tools that can support physicians in their practices, and the development of patient medical homes and primary care networks.

Hosted by the GPSC, the first webinar will feature Canadian Primary Care Sentinel Surveillance Network Health's (CPCSSN) data tool that enables the secure collection and reporting of EMR data.

The webinar will be held on **Tuesday July 30 from 8:00 – 9:30am**. For details and registration: <https://register.gotowebinar.com/register/7665439226498459915>

## Upcoming Events

### Abbotsford International Air Show

**August 9: 4:00pm – 10:00pm**

Tickets will be emailed. VIP Parking is open from 3:00pm – 5:00pm but **space is limited** so get there early to avoid the general parking line up.

**SOLD OUT!**

### Abbotsford Division Annual General Meeting

**September 12: 7:30am – 8:45am Division Conference Room**

Breakfast buffet opens at 7:30am, meeting starts sharply at 7:45am. Electronic participation will be available this year, look for more information in your inbox July 31<sup>st</sup>.

### Panel Workbook Night

**September 24: 5:30 – 6:00pm Dinner; 6:00 – 8:00pm Panel Workbook**

Complete the last bit of work documenting your action plan to give you that final push over the finish line. It's worth \$1000 & 75 CME Credits for you! Call Denise or Heidi to book your seat.

### Upcoming Fee for Service Nurse Workshop Series

**Late August, early October, end of November**

Interested in exploring a fee for service nurse in your clinic? Join this workshop series to learn scopes of practice for Primary Care, billing and cost recovery models and implementation plans. Action plans will be supported by PSP Quality Improvement funding. Contact Michelle to register and learn more.



### Looking for A Few Good Docs!

#### Cancer Care Steering Committee

Last call for more Family Physicians to join the Division's Cancer Care Shared Care project Steering Committee. Improve connection and care coordination between FPs and Oncologists at BC Cancer Abbotsford site. Time commitment: ~10 2-hour Committee meetings from now until summer 2021, prep. for meetings, and attend ~3 project events. **Contact Danielle Edwards.**

#### New to Practice in Abbotsford Mentors

Remember what it was like when you first started your practice? We would like to match new to practice physicians with someone who is willing and able to lend their ear and experience. It could be a quick question, sometimes it's working through an issue over coffee and the Division is here to help find you the resources you need. If you're interested in being a mentor please let us know. We are planning a social for the 1st 5 years of practice physicians in fall and would love for potential mentors to meet and mingle. **Contact Denise Thandi.**

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## Staff Contacts

#### Michelle Favero

Executive Director  
[mfavero@divisionsbc.ca](mailto:mfavero@divisionsbc.ca)  
*Clinic Business, HR, PCN*

#### Danielle Edwards Programs Lead

[dedwards@divisionsbc.ca](mailto:dedwards@divisionsbc.ca)  
*Shared Care, Res Care, Telemed, Team Based Care*

#### Denise Thandi

Member Services & Bookkeeper  
[dthandi@divisionsbc.ca](mailto:dthandi@divisionsbc.ca)  
*PMH Supports, Recruitment Pathways, After Hours*

#### Marnie Griffiths Care Connector

[abbotsford@divisionsbc.ca](mailto:abbotsford@divisionsbc.ca)  
*Find a Doctor Patient List*

#### Bethany Pierson Admin Asst.

[bperson@divisionsbc.ca](mailto:bperson@divisionsbc.ca)  
*Res Care, Shared Care*