

Cancer Screening May **Save Your Life**

1 in 2 people in Ontario will be diagnosed with cancer in their lifetime. Cancer screening helps to find cancer when it is small and most treatable.



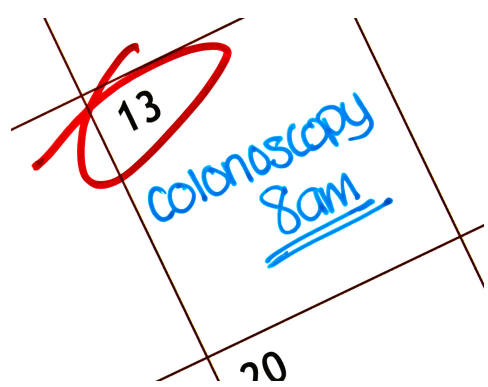
Colon Cancer Screening

9 out of 10 people can be cured if colon cancer is caught early.

Are you between **50 and 74** years of age? A "FIT" kit is a simple, clean, and painless stool (poop) test you do at home **every 2 years** to check for colorectal cancer.



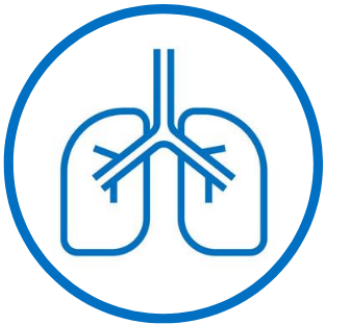
The test is mailed to your home. You can use the pre-paid mailing envelope to return the completed test or drop it off at a LifeLabs close to you.



Do you have an immediate family member who has had colorectal cancer? You may be at **increased risk**. Talk to your primary care provider about starting screening sooner with a colonoscopy.

Lung Cancer Screening

Lung cancer is the leading cause of cancer related deaths in Ontario.



1 Assess your risk



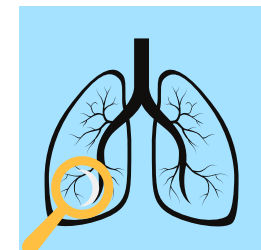
Are you between **55 and 74** years of age, and have smoked cigarettes daily for at least 20 years (not necessarily in a row)? Even if you have quit smoking, it is important to get screened.

2 Speak to your healthcare provider



Talk to your primary care provider about a referral to the lung cancer screening program or, to book an appointment call 1-905-576-8711 extension 34449.

3 Getting screened



You will have a painless, low-dose CT scan of your chest. The test will only take a few minutes and the nurse will call you within a few days to talk about any next steps.

Breast Cancer Screening

1 in 9 women will get breast cancer. More people survive breast cancer than almost every other cancer.



Average Risk



- If you are between **50 and 74** years of age and have no family history of breast cancer, you need a mammogram **every 2 years**.
- Call 1-800-668-9304 to book your own appointment. No referral is necessary.

High Risk



If you are between **30 and 69** years of age, you may be **high risk** and need screening **every year** if you:

- Have certain changes in your genes (genetic mutations)
- Have a family or personal health history of cancer
- Have had radiation therapy to your chest

Talk to your primary care provider if any of these apply to you.



Cervical Cancer Screening

Cervical cancer is almost entirely preventable with screening and early treatment.

You need a Pap test every **3 years** to check for cervical cancer or pre-cancer cells if you are:

- A woman or trans/non-binary person with a cervix,
- Between **25 and 70** years of age, and
- Have ever been sexually active



How do I get a Pap test?

Call your primary care provider to book an appointment for a Pap test. If you do not have a primary care provider, you can go to a sexual health clinic for your pap test. Visit www.sexualhealthontario.ca for a list of locations.

