

# 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.

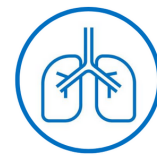
The test is mailed to your home. You can use the pre-paid mailing envelope to return the completed test or drop it off at a LifeLabs close to you.



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 **40 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](http://www.sexualhealthontario.ca) for a list of locations.

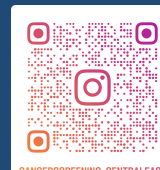


**Central East  
Regional Cancer Program**  
Ontario Health (Cancer Care Ontario)

**Get screened for cancer before you have any symptoms. This is an important way to take care of your health.**

For more information visit:

[www.lakeridgehealth.on.ca/en/ourservices/preventionandscreening.asp](http://www.lakeridgehealth.on.ca/en/ourservices/preventionandscreening.asp)



CANCERSCREENING\_CENTRALEAST

# Cancer Screening May **Save Your Life**

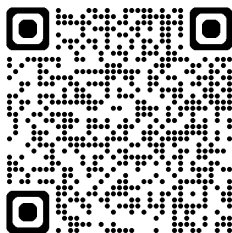
**1 in 2** people in Ontario will be diagnosed with cancer in their lifetime.

Visit our website to learn how to catch cancer early:



## Colorectal Cancer Screening

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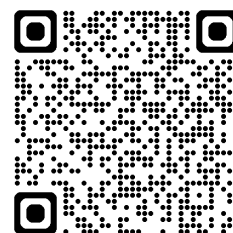
You will find information about:

- The easy, at-home FIT kit to test for colorectal cancer
- How to lower your risk of colon cancer
- What to do if you have a family history of colorectal cancer



## Lung Cancer Screening

Nearly 80% of lung cancer cases can be detected during early-stage.



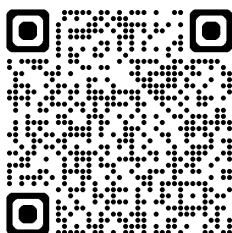
You will find information about:

- How to make a self-referral
- Help with quitting smoking
- A moving patient story about the importance of lung screening



## Breast Cancer Screening

1 in 9 women will get breast cancer; many will survive it.



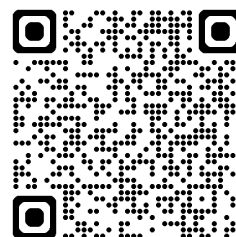
You will find information about:

- Where to go for breast cancer screening
- The current wait times for each location
- Online booking options, where available
- Breast density and how this affects recommendations for screening



## Cervical Cancer Screening

Cervical cancer is almost 100% preventable.



You will find information about:

- Cervical screening locations
- How to lower your risk of cervical cancer

Stay up to date on your cancer screening.

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

Central East  
Regional Cancer Program  
Ontario Health (Cancer Care Ontario)

## 1 in 2 people in Ontario will get cancer. The 1 out of 2 does not have to be you!

Learn how to lower your risk of cancer. Know what cancer screening programs are available to you to help find cancer when it is small and easiest to treat.

[Click here](#) for information on other services provided by the Central East Regional Cancer Program.



Ontario Cervical Screening Program



Ontario Breast Screening Program



Lower Your Risk of Cancer



Colon Cancer Check



Lung Cancer Screening for People at High Risk



Community and Healthcare Provider Resources

# The Central East Regional Cancer Program is here to help.

## Visit our website to learn:

- What cancer screening is available based on your age and risk factors.
- Where to go for cancer screening if you do not have a Primary Care Provider or cannot get in to see yours.
- Wait times for breast cancer screening locations and online booking options.
- What increases your risk of cancer and how to lower those risks

