

## Lung Cancer Screening

High Risk (Smoked for 20+ years):



Age  
55-74



Low Dose  
CT



Talk to  
your  
provider

You may be eligible for lung cancer screening if you:

- Are between 55 to 74 years of age.
- Have smoked cigarettes for 20 or more years over your lifetime.

Call the Lakeridge Health Oshawa Ontario Lung Screening Program at 905-576-8711 extension 34449, to make an appointment.

**You do not need a referral to get started.**

## Preventing Cancer



Don't smoke. Smoking is the #1 cause of preventable cancers in Ontario.



Limit alcohol to 1-2 drinks a week. Alcohol causes cancer. Just like smoking, alcohol is a level 1 carcinogen.



Don't sit still for too long. Lack of physical activity greatly increases cancer risk. Get up and move every hour.



Being overweight is a risk factor for many health issues, including cancer. Avoid over-processed foods.



Maintain a healthy diet. Eat at least 5 servings of fruits and vegetables a day to reduce your risk of cancer.



Get vaccinated against Hepatitis B and HPV to help prevent several types of cancers including liver, cervical, and throat cancers.

### Cancer Screening:

- Can find cancer when it is small and easiest to treat.
- Is important even if you have no family history of cancer and no symptoms.
- Can be done even if you do not have a Primary Care Provider (call 811 for more information).



To learn more, visit:  
[www.lakeridgehealth.on.ca/en/ourservices/preventionandscreening.asp](http://www.lakeridgehealth.on.ca/en/ourservices/preventionandscreening.asp)

**Central East  
Regional Cancer Program**

Ontario Health (Cancer Care Ontario)

## Breast Cancer Screening

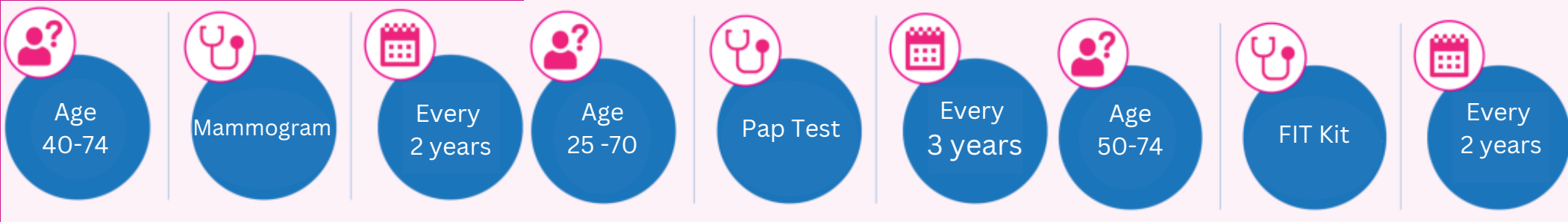
## Cervical Cancer Screening

## Colorectal Cancer Screening

Average Risk (no family history):

Average Risk:

Average Risk (no family history):



If you are between 40 to 74 years of age with no family history of breast cancer, you should have a mammogram every 2 years.

Call 1-800-668-9304 to book your appointment.

**You do not need a referral.**

If you are over 25 years of age and have ever been sexually active, you should have a pap test every 3 years.

If you do not have a Primary Care Provider, call 811 or scan the QR code below to find a local clinic that offers pap tests.

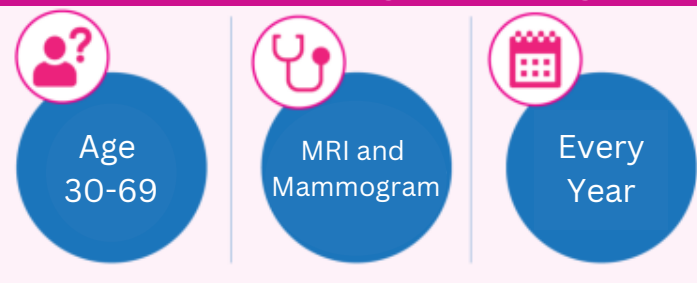
If you are between 50 to 74 years of age, you should use a FIT kit to test for colorectal cancer at home every 2 years.

If you do not have a Primary Care Provider, call 811 and ask for a FIT kit to be mailed to you.

High Risk (personal or family history of breast cancer or known genetic changes):

**Cervical cancer is almost always preventable.**

High Risk (immediate family history):



Talk to your Primary Care Provider about the HPV vaccine which can protect you against certain types of cervical and throat cancers.



If you are between 30 to 69 years of age with a family history of breast cancer, talk to your Primary Care Provider about high risk screening.

Scan the QR code to find a pap clinic close to you:



Talk to your Primary Care Provider if you have an immediate family member (parent, sibling, or child) with a history of colorectal cancer.