

Cancer Screening for People without a Primary Care Provider

People that do not have a Primary Care Provider (family doctor or nurse practitioner) can still receive cancer screening. Regular screening for cancer, when you have no symptoms and feel well, is the best way to find cancer early, when it is small and easiest to treat.

Cancer screening is free for you if you have an Ontario Health Card (OHIP).

There are 4 cancer screening programs in Ontario:

- Colon Cancer Screening
- Lung Cancer Screening for current or past smokers
- Cervical Cancer Screening
- Breast Cancer Screening



COLON CANCER CHECK

Colon cancer is one of the most common cancers people die from in Ontario. However, when found early, 9 out of 10 people can be cured. Colon cancer starts from abnormal growths, called polyps. Not all polyps turn into cancer but some may turn into cancer over time.

Who is eligible for colon cancer screening?

Average Risk:

Everyone between 50 to 74 years of age should be checked for colon cancer every 2 years using the fecal immunochemical test (FIT) if they have no family history of this type of cancer. The FIT is a safe and painless test that checks your stool (poop) for tiny amounts of blood that may be caused by colorectal cancer or pre-cancerous polyps. You can do this test at home and it only takes a few minutes.

To be checked for colorectal cancer:

Call 811 to request that a FIT kit be mailed to your home or a pick up address.

Increased Risk:

If you have a first-degree relative (parent, sibling, or child) who has been diagnosed with colon cancer, it is recommended you are screened with a colonoscopy starting at age 50 or 10 years earlier than the age your relative was diagnosed, whichever comes first.

To be checked for colon cancer if you are at an increased risk:

Call 811 to be connected to a primary care provider.

Lung cancer is the leading cause of cancer related deaths in Ontario. This is because the cancer has often spread to other parts of the body or is large when it is found and treatment has less of a chance of working.



LUNG CANCER SCREENING FOR PEOPLE AT HIGH RISK

Who is eligible for lung cancer screening?

If you are between the ages of 55 to 80 and have smoked cigarettes every day for at least 20 years over your lifetime (not necessarily in a row), you may be eligible for lung cancer screening. If you are eligible, it is important to get screened for lung cancer, even if you quit smoking several years ago. People who are eligible to be screened will be offered a special type of low-dose CT scan that uses a small amount of radiation to take pictures of your lungs.

To be checked if you are eligible for lung cancer screening:

Call the Ontario Lung Screening Program at Lakeridge Health Oshawa at 1-905-576-8711 extension 34449.

For more information about cancer screening programs, visit: www.cercp.ca

Cancer Screening for People without a Primary Care Provider



ONTARIO CERVICAL
SCREENING PROGRAM

Cervical screening tests check for HPV infections and cell changes in your cervix. Cervical cancer can sometimes be prevented by finding HPV and cell changes early and treating them before they become cancer.

Human Papillomavirus (HPV) is the leading cause of cervical cancer. You can get a vaccination to help protect against some forms of HPV but should still have regular cervical screening tests even if you are vaccinated.

Who is eligible for cervical cancer screening?

If you are a woman, Two-spirit, trans, or nonbinary person with a cervix, 25 years of age and older, and have ever been sexually active, it is recommended you have cervical screening (HPV test) every 5 years.*

*Some eligible people may need to get screened more often based on their medical or screening history. You may need to have cervical screening every 3 years if you have a weakened immune system (example: you live with HIV/AIDS or have had an organ transplant). You may be able to stop cervical screening if you are between 65 and 69 years of age. Some people need to continue cervical screening after age 69 based on their medical history or their history of screening test results. Your Primary Care Provider can help you decide if you need cervical screening after age 69.

To be checked for cervical cancer:

Some public health units, sexual health clinics and community health centres offer HPV tests. Use this website to find a sexual health clinic closest to you: www.cercp.ca/cervical-screening/

Breast cancer is the most common cancer in Ontario women.
1 in 9 women will be diagnosed with breast cancer in her lifetime.



ONTARIO BREAST
SCREENING PROGRAM

Who is eligible for breast cancer screening?

Average Risk:

If you are a woman, Two-spirit, trans, or nonbinary person between the ages of 40 to 74, it is recommended that you have a mammogram every 1 to 2 years.

You do not need a valid OHIP card for this type of cancer screening.

You do not need a referral from a primary care provider.

To find a breast screening location:

Call 1-800-668-9304 or visit: <https://cercp.ca/breast-cancer-screening/>

High Risk:

If you are between the ages of 30 to 69 and are at high risk of getting breast cancer, it is recommended you are screened once a year with mammography and breast MRI. You may qualify for high risk screening if you have:

- certain gene changes
- a high chance of getting breast cancer based on your family or personal health history
- had previous radiation therapy to the chest

To be checked if you are at high risk for breast cancer:

Call 1-866-662-9233 to be connected with a primary care provider who will refer you for high risk breast cancer screening.



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visit: www.cercp.ca

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