

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.

People who do not have a primary care provider (family doctor or nurse practitioner) can still receive cancer screening and it is free if you have an Ontario Health Care (OHIP) card.

If you have a primary care provider, you can contact them first to book your screening(s).

If you do not have a primary care provider, please see below for other ways to access cancer screening. Information in this document is courtesy of **Cancer Care Ontario**.



Visit one of our Community Health & Information Fairs (CHIFs) to have or book your cancer screening and to access more information. Click **here** or scan the QR code on the right for the details on upcoming CHIFs.

Breast cancer screening



- Breast cancer is the most common cancer in women
- Breast cancer screening is usually done through a mammogram (breast x-ray).

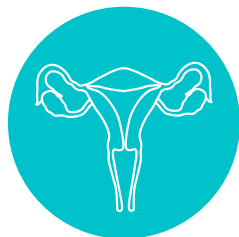
Who is eligible for breast cancer screening?

- For women or trans and nonbinary people ages 50 to 74 years, a mammogram is recommended every two years. You are still eligible if you fit the criteria and your OHIP card is expired and you do not need a referral for this type of cancer screening.
- If you are at higher risk of breast cancer due to your family/personal health history or were tested to have certain gene changes, you may qualify for earlier or additional testing to screen for breast cancer. Please speak to a health care provider to see if you are eligible for the high risk screening program.

Call the Ontario Breast Screening Program 1-800-668-9304 to book your own appointment or scan the QR code on the right.



Cervical cancer screening



- Cervical cancer is almost entirely preventable with screening and early treatment.
- Cervical cancer screening is done through a Pap test, a collection of cells from the cervix – for more information about Pap tests, click [here](#) or scan the QR code on the right.

Who is eligible for cervical cancer screening?

- If you are a woman or trans/nonbinary person with a cervix, 25 years of age and older, and have been sexually active, it is recommended you have a Pap test every three years.
- Regular screening for cervical cancer can stop at the age of 70 if you have had 3 or more normal tests within 10 years.
- If you believe you have an immune compromising condition and/or take immune compromising medication, please speak with a health care provider about how often you should be screened.



Pap tests are available as walk-ins at the Community & Health Information Fairs (CHIFs). The tests will be administered by female health care professionals.

Alternatively call Health Connect Ontario at 811 and ask for a local clinic that offers Pap tests or contact your primary care provider.

Colorectal cancer screening



- 9 out of 10 people can be cured if colorectal cancer is found early.
- Colon cancer screening is done through a fecal immunochemical test (FIT) that is quick, safe and painless, and can be done at home.

Who is eligible for colorectal cancer screening?

- **If you have no family history of this type of cancer**, everyone between ages of 50 to 74 years should be checked for colon cancer every two years using a FIT. The FIT checks your stool (poop) for tiny amounts of blood that may be caused by colorectal cancer or pre-cancerous polyps. The Nurse Practitioner at the Community & Health Information Fair (CHIF) can order a test for you if you are eligible.
- **If you have a family history (first degree relative) of this type of cancer**, please speak to a health care provider or if you have persistent and non-resolving rectal bleeding concerns.

Alternatively, contact your primary care provider or call 811 to be connected to one or visit: [Health Care Connect](#) or scan the QR code on the right.

