

# CANCER SCREENING OPTIONS

Regular screening can find cancer early—when it's easier to treat. Some cancers can even be prevented altogether. If you're in the right age range, screening is an important part of your self-care.

## Breast Cancer Screening

Breast cancer is the most commonly diagnosed cancer in Canadian women. In its early stages, it often has no symptoms. That's why regular screening is so important.

**Ages 40–49:** You can now self-refer for a free mammogram.

**Ages 50–74:** Screening every 2 years is recommended.

**To book:** Call the Ontario Breast Screening Program at 1-800-668-9304.

## Cervical Cancer Screening

Cervical cancer is almost entirely preventable with regular screening. Most cases are caused by a long-lasting HPV (human papillomavirus) infection, which can lead to changes in cervical cells over time.

**Ages 25–69** (anyone with a cervix who has ever been sexually active): Get screened every 5 years with an HPV test.

**To book:** Contact your doctor or nurse practitioner.

## Colorectal Cancer Screening

Colorectal cancer often begins as small growths (polyps) in the colon that can turn into cancer. The fecal immunochemical test (FIT) checks for hidden blood in your stool—an early warning sign.

**Ages 50–74:** Do a FIT (stool) test every 2 years.

**To get a kit:** Ask your provider or call Health811 at 1-866-797-0007.

## Need Help Booking?

If you're not sure when to get screened or need help making an appointment, call the **Grey-Bruce Community Helpline** at **1-844-806-3093**.

## Learn More

For more information, visit [www.cancercareontario.ca](http://www.cancercareontario.ca)