**My CancerIQ – Background**

**About** [**My CancerIQ**](https://www.mycanceriq.ca/)

My CancerIQ is a free and confidential online tool that allows people in Ontario to determine their risk for six types of cancer: breast, cervical, colorectal, lung, kidney and melanoma (skin cancer). Launched in February 2015, My CancerIQ was created to empower people in Ontario to take control of their health with valuable information about their personal cancer risk.

The cancer risk assessments available on My CancerIQ estimate a person’s risk compared with other Ontarians of the same age and sex. At the end of each assessment, individuals receive a personalized health action plan with tips and resources based on their individual risk factors. The health action plan includes information on factors that increase a person’s risk of developing cancer, factors that help reduce their risk of getting cancer and what steps they can take to reduce the risk, with links to helpful resources.

Since its launch, more than 875,000 cancer risk assessments have been completed with over 1.5 million visits to [MyCancerIQ.ca](http://www.mycanceriq.ca/).

**How** [**My CancerIQ**](https://www.mycanceriq.ca/) **helps Ontarians**

In 2024, an estimated 97,000 new cases of cancer will be diagnosed in Ontario and approximately 31,500 Ontarians will die from the disease. Many people think that getting cancer is beyond their control, but a recent Canadian study estimated that about 4 in 10 cancer cases can be prevented by eliminating modifiable risk factors.

Understanding the factors that affect a person’s risk of developing cancer is an important first step on their path to a healthier future. While some factors cannot be changed, such as age or family history, there are many factors that individuals can control, such as quitting smoking, eating healthy, engaging in physical activity and getting screened for breast, colorectal and cervical cancer.

In a few minutes, My CancerIQ users can find out their personalized risk of developing 6 different types of cancer through a series of interactive questionnaires. Based on the results, My CancerIQ helps people in Ontario reduce their cancer risk by providing tailored recommendations and access to additional resources. People in Ontario can also use these personalized results to discuss any questions or concerns related to cancer prevention and screening eligibility with their doctor or nurse practitioner.

**The development of** [**My CancerIQ**](https://www.mycanceriq.ca/)

The cancer risk assessments were developed by Cancer Care Ontario (now part of Ontario Health) using established algorithms developed by teams of scientific experts. These international algorithms were tailored to reflect the latest information on the prevalence of cancer risk factors in Ontario.

**How** [**My CancerIQ**](https://www.mycanceriq.ca/) **evaluates cancer risk**

My CancerIQ risk assessments are based on established scientific evidence about cancer risk factors. The questions pertain to risk factors or behaviours that research shows are linked to the risk of developing a specific type of cancer.

My CancerIQ is not intended to predict precisely who will or will not develop cancer. It has been designed to help people in Ontario focus on the changes that people can make to lower their risk of cancer and live healthier lives.

**How to access** [**My CancerIQ**](https://www.mycanceriq.ca/)

My CancerIQ risk assessments are available in English and French and can be found at [MyCancerIQ.ca](https://www.mycanceriq.ca/). The website can be accessed on a mobile device or desktop.