



Cancer **Treatment**



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Most people who are screened for cancer do not show any signs of cancer and do not need to do anything other than continue to follow the screening schedule.

For some people, screening will lead to a cancer diagnosis. The good news is that screening can catch cancer earlier when treatments may work better.

There are many different treatments for cancer and more are being studied. Some people may have more than one type of treatment to best treat their cancer.

Some common treatments for cancer are:

- Chemotherapy (medicine that destroys cancer cells)
- Radiation therapy (using high doses of radiation to destroy cancer cells)
- Immunotherapy (medicine that helps your own immune system to destroy cancer cells)
- Surgery (an operation to remove some or all of the cancer)

The type of treatment that would be recommended for you would consider:

- Where in your body the cancer is found
- The stage of your cancer (how far it has spread)
- Your goals and choices for your treatment
- The recommendations made by your health care team



Cancer Prevention



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Healthy behaviours can potentially prolong someone's lifespan.

Different types of cancers (including other types of cancer that we do not screen for) have some common risk factors such as commercial tobacco use, alcohol consumption, physical inactivity and unhealthy eating.

Healthy behaviour changes have had a noticeable impact on reducing cancer rates.

Protective Factors

Do not use commercial tobacco



Avoid or limit alcohol consumption



Be physically active



Eat healthy foods

