

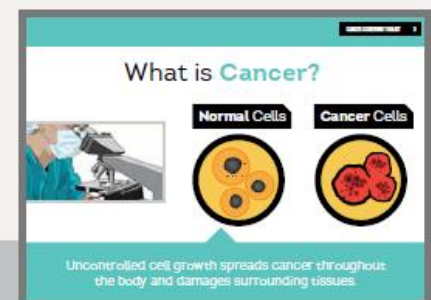


Cancer. Screening

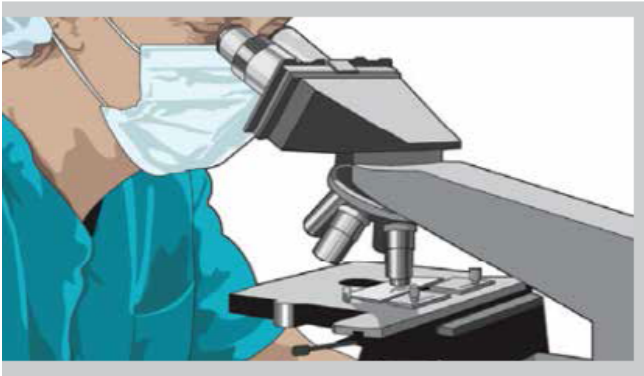
Toolkit

What is Cancer?

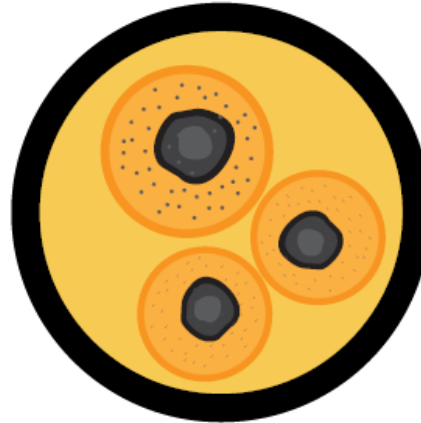
- Cancer is a disease that starts in our cells.
- Cancer happens when cells grow differently from normal cells and at a faster speed.
- Cancer tests are done and sent to the lab where they are looked at through a microscope to see if the cells are normal or abnormal.
- If cells are abnormal further testing will be required.



What is Cancer?



Normal Cells



Cancer Cells



Uncontrolled cell growth spreads cancer throughout the body and damages surrounding tissues.

What is **Cancer Screening**?

- The goal of cancer screening is to find the sickness early, before you have symptoms, before it has a chance to grow.
- Finding cancer early is one of the best ways we have of curing it.
- When cancer is found early, it is easier to treat and treatment is more effective.
- Screening tests are not perfect, but the positives outweigh the negatives.
- Getting screened regularly leads to healthier lives for you, your family, and your community.

There are currently **3** provincial screening programs in Ontario:

- Ontario Breast Screening Program (OBSP)
- ColonCancerCheck Program (CCC)
- Ontario Cervical Screening Program (OCSP)



What is Screening?



Where is the Cervix?

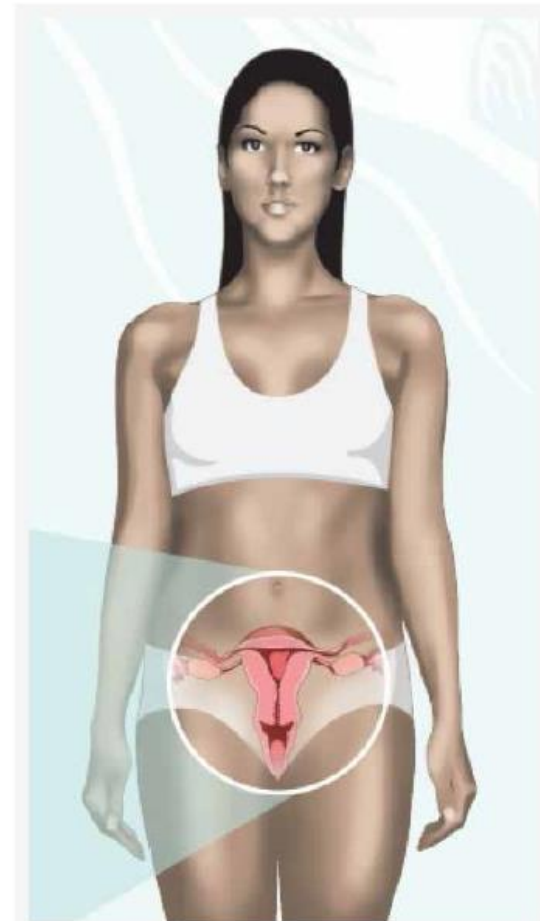
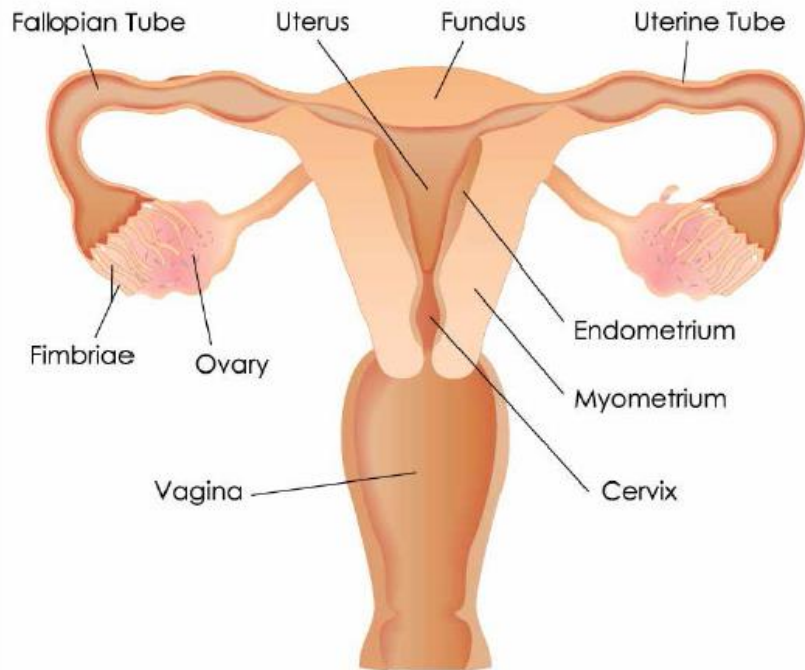
- The cervix is between the uterus and vagina.
- The uterus is where babies are carried during pregnancy.

Screening

- Women who have ever had any sexual skin-to-skin contact and are 21 years or older, should have a Pap test every 3 years until age 70.
- Women can stop screening at the age of 70 if they have had 3 or more normal Pap tests in the past 10 years.
- The Ontario Cervical Screening Program sends out reminder letters to the eligible women every 3 years.



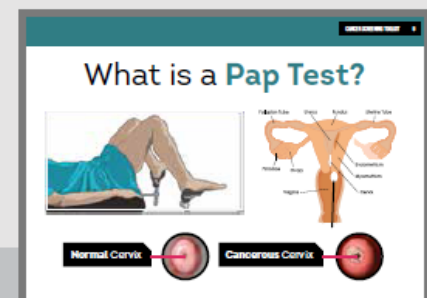
Where is the Cervix?



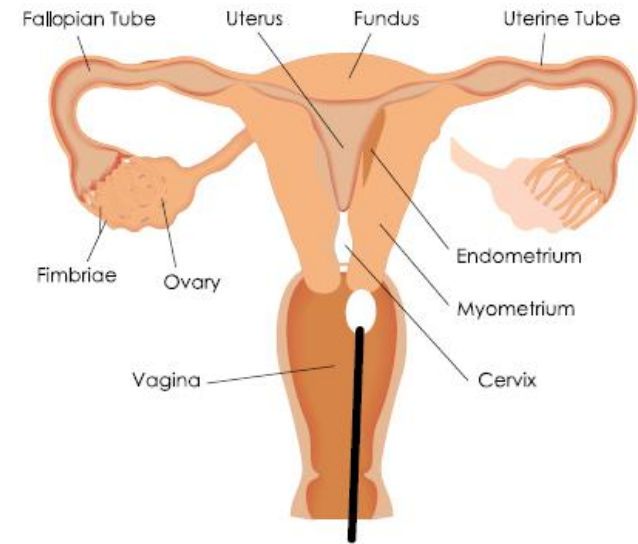
What is a Pap Test?

About the Test

- A Pap test detects changes in the cells of the cervix.
- An instrument called a speculum is gently inserted into the vagina, so your cervix can be seen.
- A swab is inserted into the cervix to take a sample of the cells.
- The sample is sent to a lab where it is examined under a microscope.
- There may be some discomfort during the Pap test, but not for long.
- When found early, cervical cancer can be treated. If it has spread to other parts of your body, it may be harder to treat.



What is a Pap Test?



Normal Cervix



Cancerous Cervix



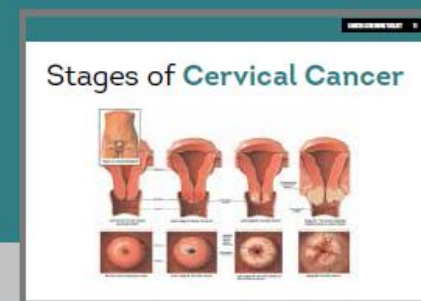
Symptoms and Stages of Cervical Cancer

Symptoms

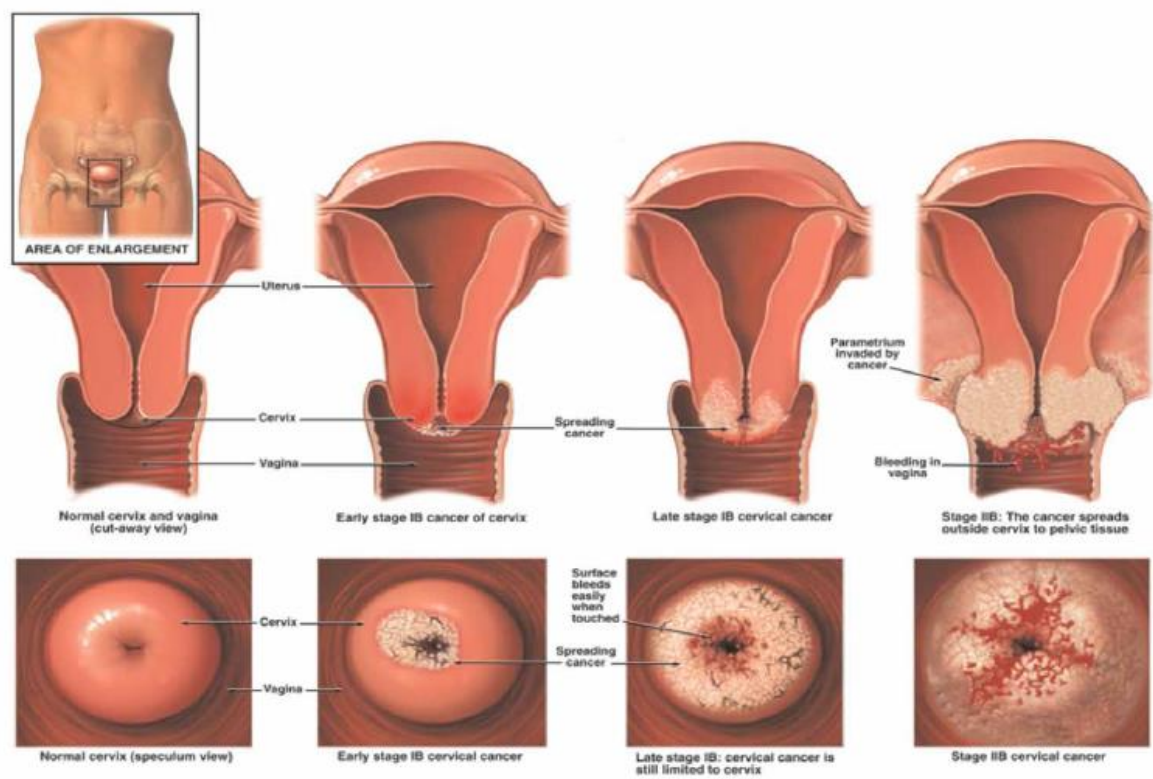
- Bleeding between periods or after sex.
- Pelvic pain at rest or during sex.
- Change in vaginal discharge; change in smell, it could be watery or red.
- Vaginal bleeding for long periods of time; greater than 2 weeks should be looked at.
- When you are menopausal, which means when your monthly periods stop, if you have any vaginal bleeding you should see your doctor or nurse.

Stages

- There are 4 stages of cervical cancer: **Stage 1, Stage 2, Stage 3, Stage 4.**
- Stage 4 cancer is the most advanced form of cancer and is often the most difficult to treat.

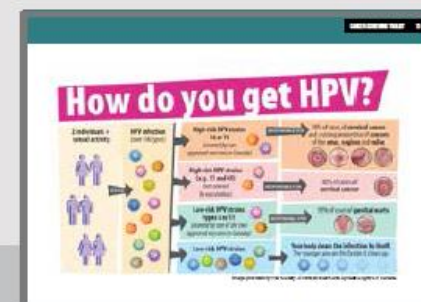


Stages of Cervical Cancer



HPV (Human Papillomavirus)

- Cervical cancer can be caused by certain types of Human papillomavirus (HPV).
- HPV is easily spread by skin-to-skin sexual contact or during sex.
- Most women can fight the infection without treatment.
- Sometimes, HPV infection causes the cells in the cervix to change into cancer over time.
- Most women with HPV do not develop cervical cancer.
- Men can have HPV as well. Many men are carriers of HPV and may show no signs. The most common sign that a man has HPV is genital warts.
- There are 2 types of HPV vaccines available. They are Gardasil and Cervarix.



How do you get HPV?

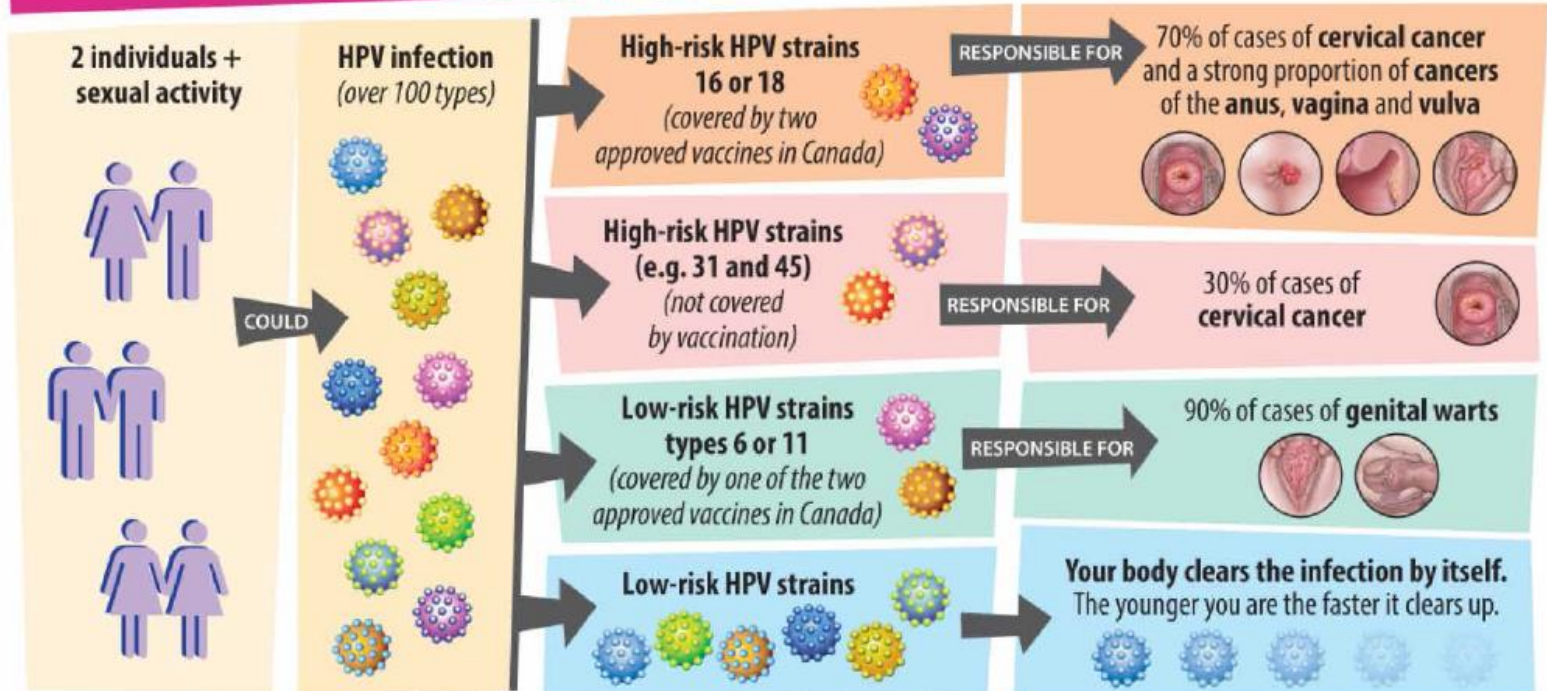


Image provided by The Society of Obstetricians and Gynaecologists of Canada.

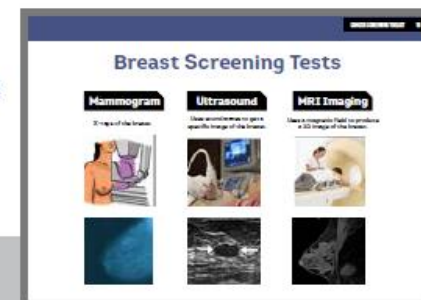
Breast Screening Tests

Types of tests

- There are different tests to help find breast cancer: mammogram, ultrasound and MRI.
- Mammograms are the best way to find breast cancer early; mammograms can find lumps that you can't feel.
- Ultrasounds can be used to find out if a lump is solid or filled with fluid. They are used mainly for follow-up testing or if a woman has specific concerns seen on a mammogram or MRI.
- Mammograms are performed by a Technologist.

Screening

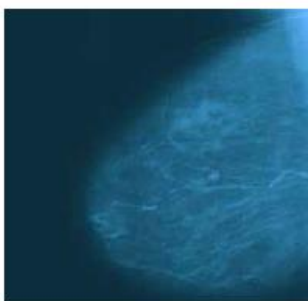
- Women between the ages of 50 to 74 should have a mammogram every 2 years.
- Women can make their own appointment without a doctor's referral to the Ontario Breast Screening Program (OBSP) in their area.
- First Nations women require a requisition when Non-Insured Health Benefits (NIHB) travel is to be arranged.
- Women between ages 30 to 69, who are deemed high risk through genetic testing or have close family members with breast cancer, may need mammograms more frequently or may need an MRI.



Breast Screening Tests

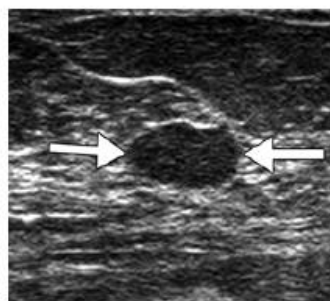
Mammogram

X-rays of the breast.



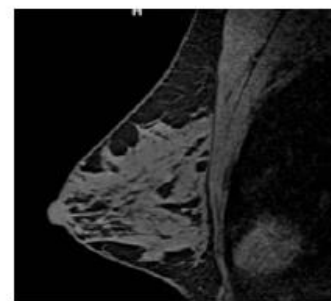
Ultrasound

Uses sound waves to get a specific image of the breast.



MRI Imaging

Uses a magnetic field to produce a 3D image of the breast.



Finding Breast Lumps

The 'Thing-A-Ma-Boob'

- The Thing-A-Ma-Boob shows the average size of lumps that can be found by self-examination (a breast exam done by yourself), mammogram, or by a physician.
- Self-examination lumps are usually found a lot bigger than the lump size that can be found with a mammogram.
- If you get a mammogram, you can find breast cancer when it is small and easier to treat.
- Mammograms can find lumps you can't feel.



Size of Breast Lumps

Find it before you feel it.
Book a mammogram today.

Regular mammograms save lives by finding breast cancer early – when it's most treatable.

THE **THING-A-MA-BOOB** SHOWS AVERAGE SIZE LUMP FOUND BY:

- regular mammograms
- first mammogram
- physical exam by a healthcare professional
- checking your breasts

Actual Size

Image provided by the Canadian Cancer Society

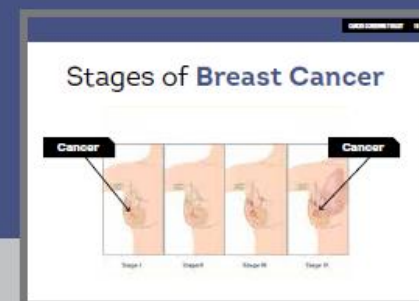
Breast Cancer

* Review the Stages of Breast Cancer poster.

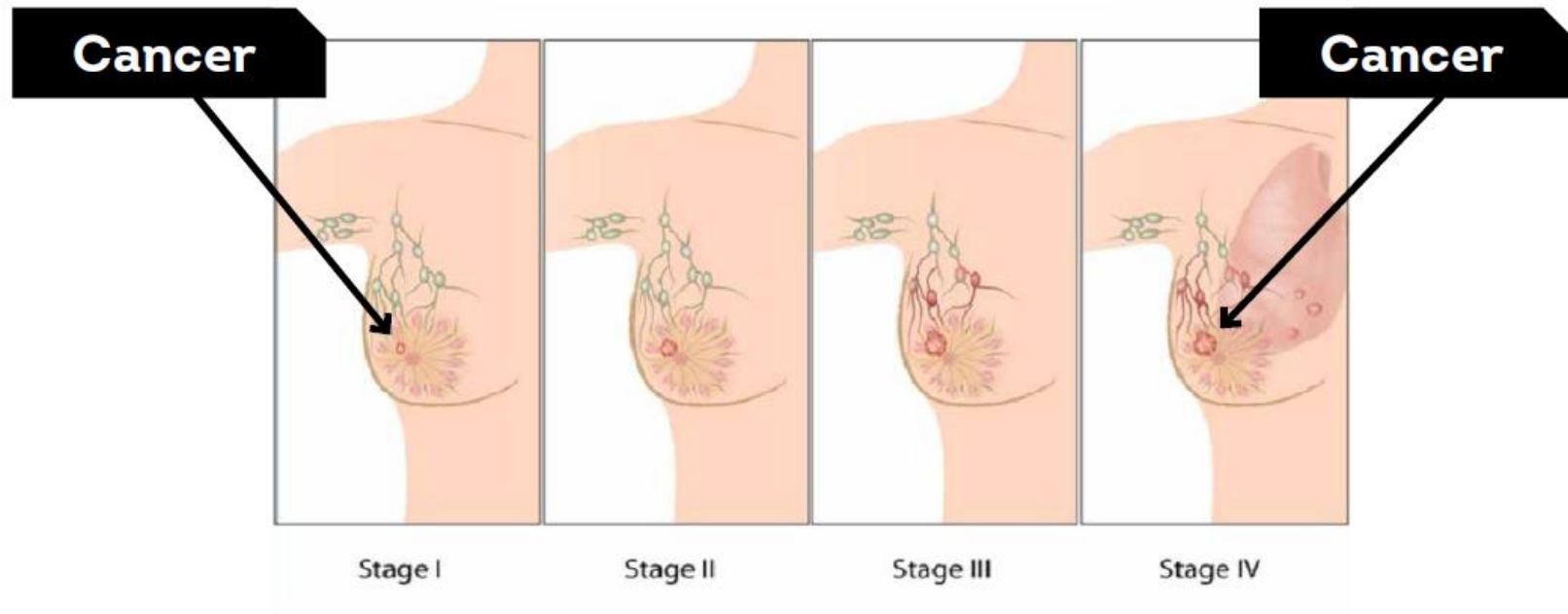
- This is what breast cancer looks like. It's important to find it early so it can be treated.
- When First Nations, Inuit and Métis (FNIM) women are diagnosed with breast cancer, it will likely be at an advanced stage due to late detection, which means it may have spread to other parts of the body.
- Risk factors for breast cancer are: being a woman, getting older, family history, having previous breast cancer and having dense breasts (which means you have more breast tissue than normal).

Stages

- There are 4 stages of breast cancer: **Stage 1, Stage 2, Stage 3, Stage 4.**
- Stage 4 cancer is the most advanced form of cancer and is often the most difficult to treat.



Stages of Breast Cancer



Breast Cancer Awareness

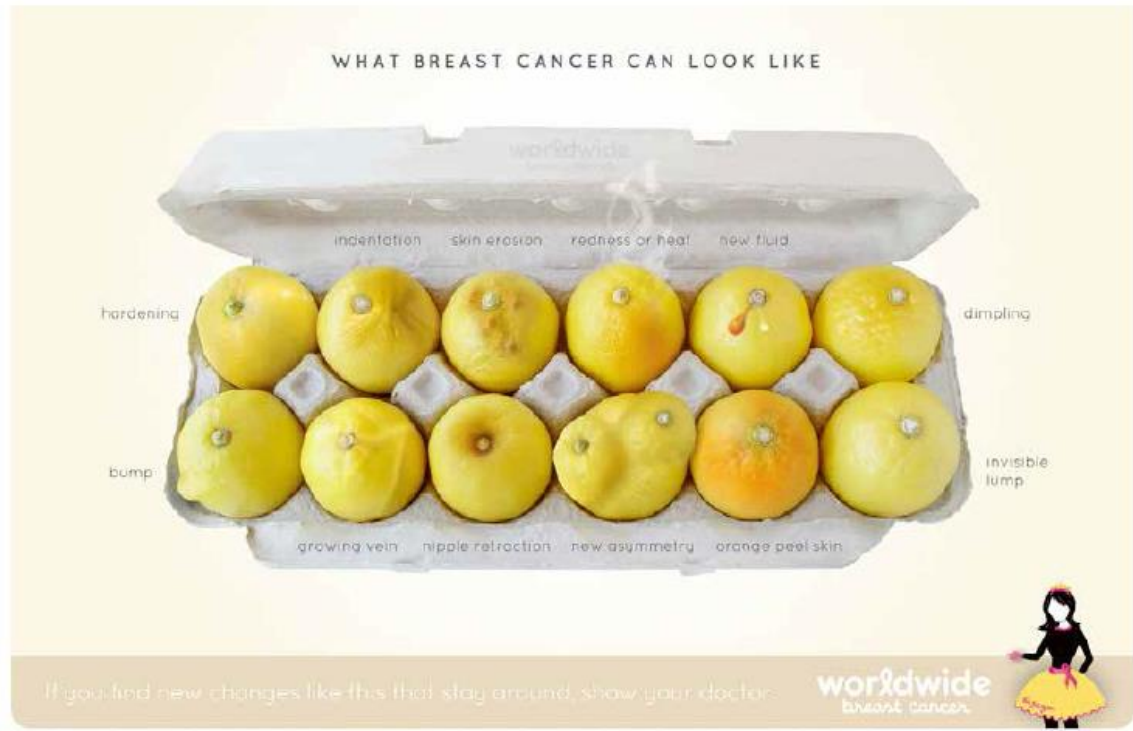
* Review the Lemon poster for stages of breast cancer.

Symptoms

- Lumps or thickening in the breast
- Fluid leaking from the nipple
- Redness
- Dimpling or puckering
- Skin change or change in breast size or shape
- Nipple change
- See your health care provider right away if you have these symptoms



Breast Cancer Awareness



If you find new changes like this that stay around, show your doctor. Fight breast cancer starting with you! Visit worldwidebreastcancer.com to learn, make a screening plan and share awareness with others through social media and print materials. Twitter @mayorgirl

Image provided by World Wide Breast Cancer

Be Breast Aware

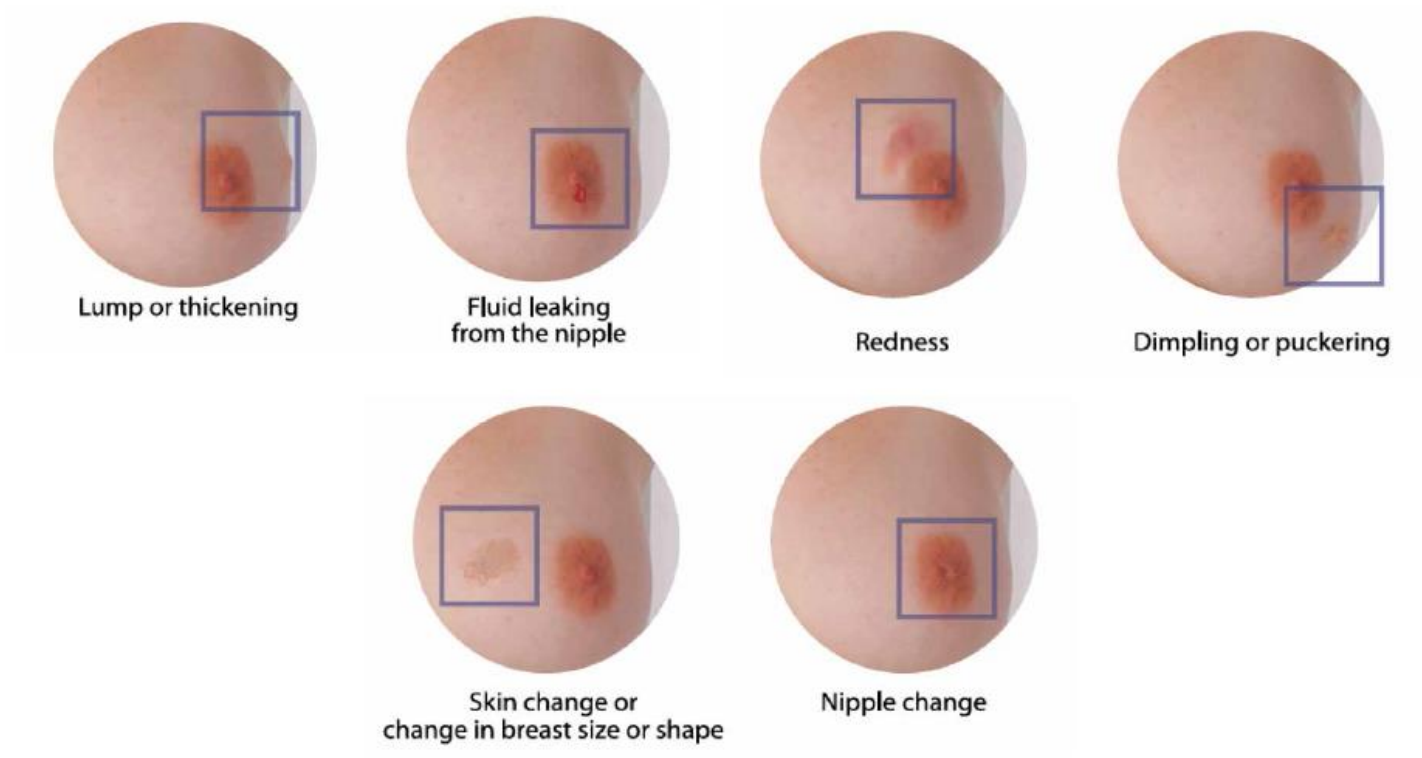
- * Review the Breast Aware pictures.

Look for changes

- Know how your breasts normally look and feel so that you are more likely to notice any unusual changes.



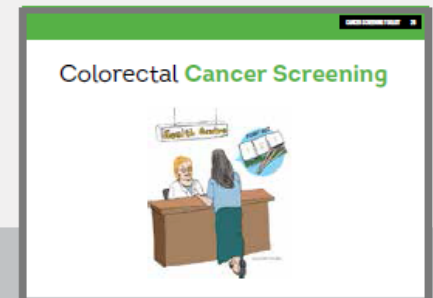
Be Breast Aware



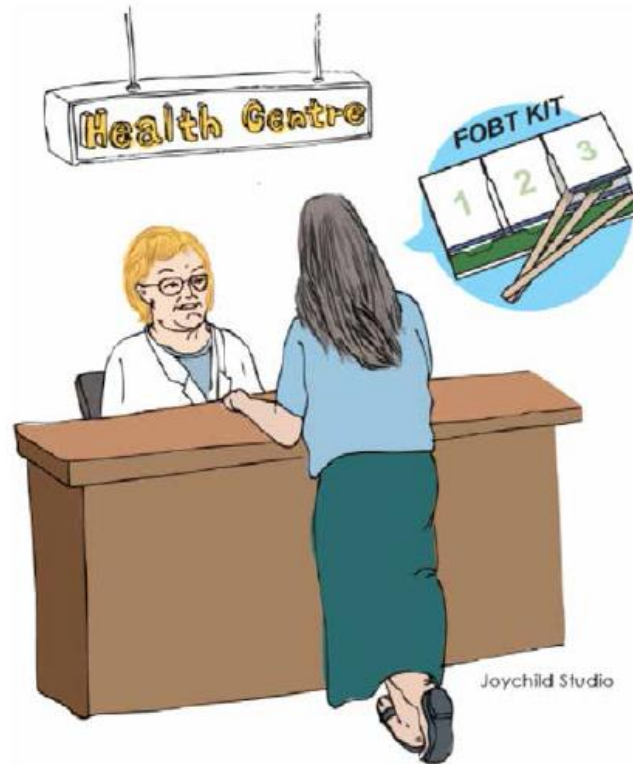
Colorectal Cancer Screening

About the program

- ColonCancerCheck (CCC) is a program for men and women ages 50 to 74, to be screened every 2 years for colorectal cancer.
- Once you turn 50 years old, a letter is sent from Cancer Care Ontario (CCO) inviting you to participate in the ColonCancerCheck program.
- Once a person completes a Fecal Occult Blood Test (FOBT kit) they are enrolled in the ColonCancerCheck program and will be sent a reminder letter every 2 years to screen again.
- Results are sent to you and your health care provider. If additional testing is required ColonCancerCheck program will notify you to see your health care provider.



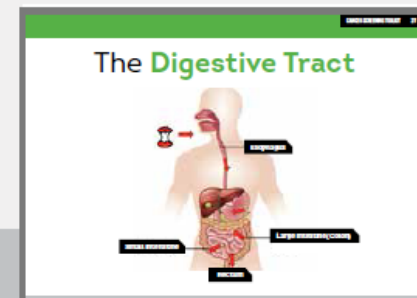
Colorectal Cancer Screening



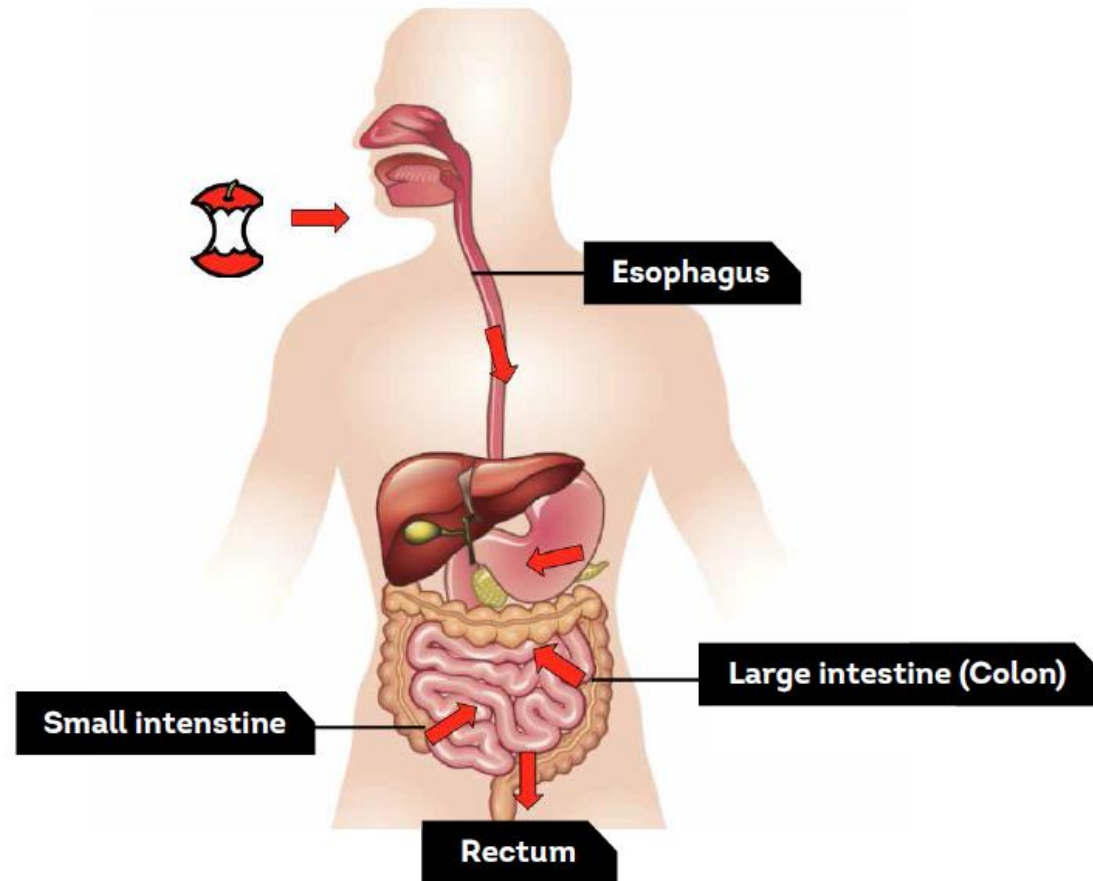
Your Digestive Tract - **Intestine**

How it works

- Food, water and nutrients pass from your mouth, through the esophagus, into your stomach and then into the small and large intestine. The large intestine is also known as the colon.
- Waste passes out of the body through the colon.
- Colon cancer develops in the colon and rectum; if found early and treated there is a 90% chance it can be cured.



The Digestive Tract

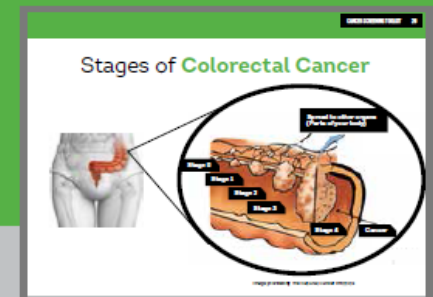


Stages of Colorectal Cancer

- When the cancer is small, you may not feel anything.
- This picture shows different stages of cancer and why you may have symptoms of colorectal cancer.
- As the cancer gets bigger, food can't pass through your digestive system easily. The shape of your poop may change or you may become constipated.
- See your health care provider if you have symptoms.

Stages

- There are 4 stages of colorectal cancer: **Stage 1, Stage 2, Stage 3, Stage 4.**
- Stage 4 cancer is the most advanced form of cancer and is often the most difficult to treat.



Stages of Colorectal Cancer

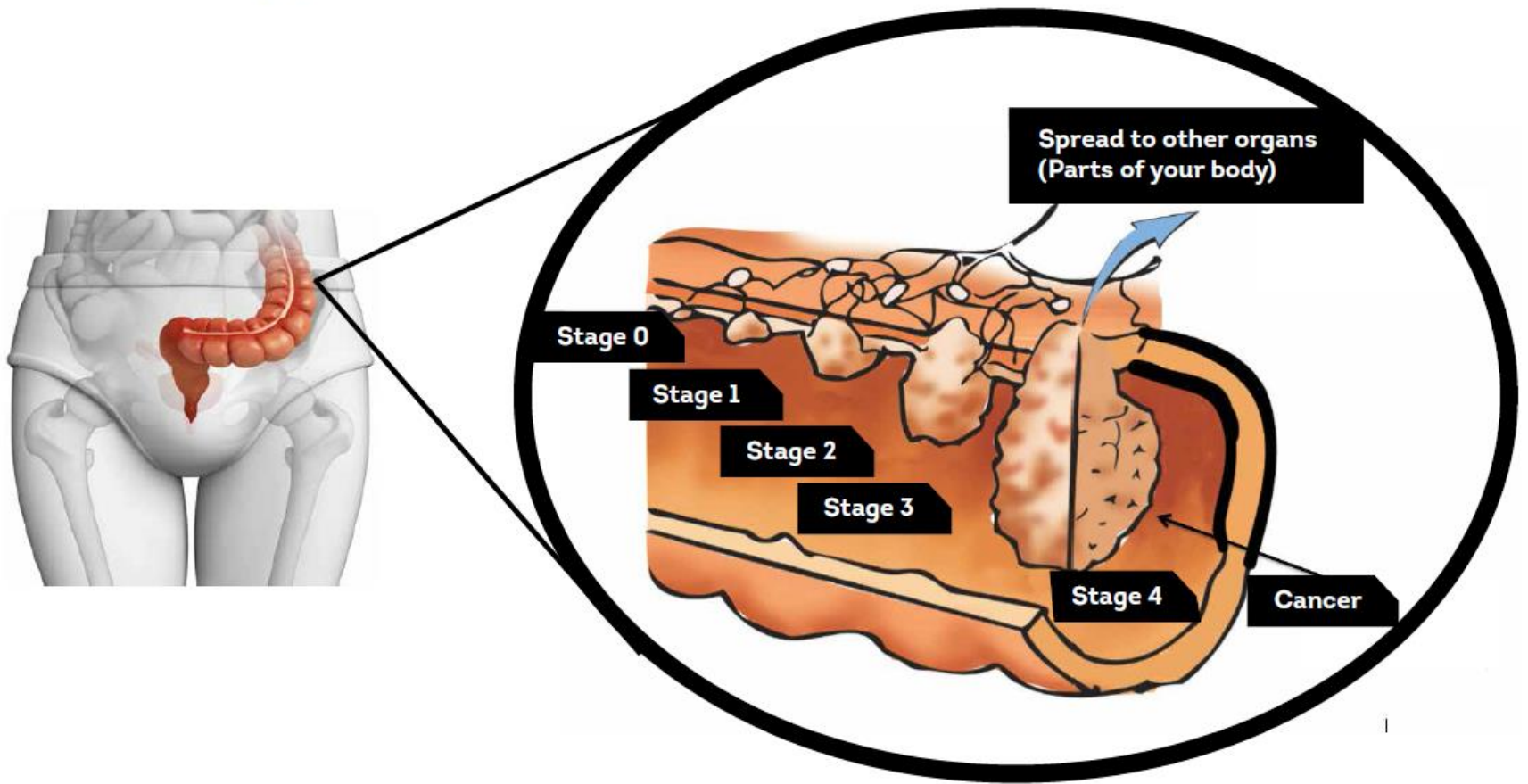


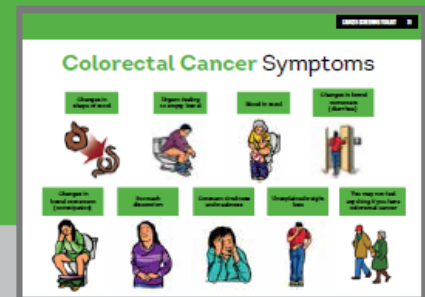
Image provided by The National Cancer Institute.

Symptoms of Colorectal Cancer

- * Review the Blue Colorectal Cancer signs and symptoms wheel.

Symptoms

- Changes in shape of stool
- Urgent feeling to empty bowel
- Blood in stool
- Changes in bowel movement - diarrhea
- Changes in bowel movement - constipation
- Stomach discomfort
- Constant tiredness and weakness
- Unexplained weight loss



Colorectal Cancer Symptoms

Changes in shape of stool



Urgent feeling to empty bowel



Blood in stool



Changes in bowel movement (diarrhea)



Changes in bowel movement (constipation)



Stomach discomfort



Constant tiredness and weakness



Unexplained weight loss



You may not feel anything if you have colorectal cancer



What is the **FOBT** kit?

- * Review Fecal Occult Blood Test kit and show how to use it.

What it is

- The Fecal Occult Blood Test (FOBT kit) is the green ColonCancerCheck test that checks for colon cancer.
- The Fecal Occult Blood Test (FOBT kit) looks for blood in your poop.
- The test is for all men and women who are 50 to 74 years of age.
- The test can be done in the privacy of your own home.



The FOBT Kit! (Fecal Occult Blood Test)



How to complete the **FOBT Kit**

- * **Review the steps on how to complete the Fecal Occult Blood Test (FOBT kit) using the instruction sheet and refer to the pictures on the next page.**
- When completing a Fecal Occult Blood Test (FOBT kit) the three stool samples must be collected within a ten day period.
- Vitamin C supplements and citrus fruit and juices should be avoided three days before and during the stool sample collection period.



How to complete a **FOBT Kit**



1. Place plastic wrap over the toilet to catch the stool. Try to get the plastic wrap to saddle towards the back of the toilet.

If you don't have plastic wrap, you could use a Styrofoam plate or other disposable container to catch your stool.



2. Using a sharp object (pen), make a few holes in the bottom of the wrap to let any urine drain away from your stool.



3. The plastic wrap should catch your stools from going into the water of the toilet bowl.



4. Put the date and time in the 1st flap section. Lift up the flap.



5. Using the wooden stick (included in kit), take a small sample from one part of your bowel movement.



6. Smear the stool onto 'Area I' as shown above.



7. From a different part of your stool, use the stick to smear a 2nd sample onto 'Area II' (First flap only).



8. Discard the rest of the stool into the toilet, and dispose of plastic wrap. Do not flush plastic wrap.

Repeat these steps for your 2nd and 3rd samples, making sure to label the date and time of each sample on each flap.

Family History of **Cancer**

What is family history?

- Family history is when a parent, sibling or child has been diagnosed with cancer.
- When you have a family history of cancer you should start screening 10 years prior to the age that the parent, sibling or child was diagnosed.
- If your father was diagnosed with colorectal cancer at age 54, you should start screening for colorectal cancer at age 44.
- However, if your father was diagnosed at age 70, you still start screening at age 50, not age 60.
- All people start screening at age 50 or 10 years prior, whichever comes first.



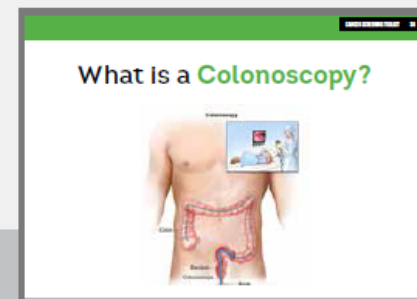
Family History of Cancer



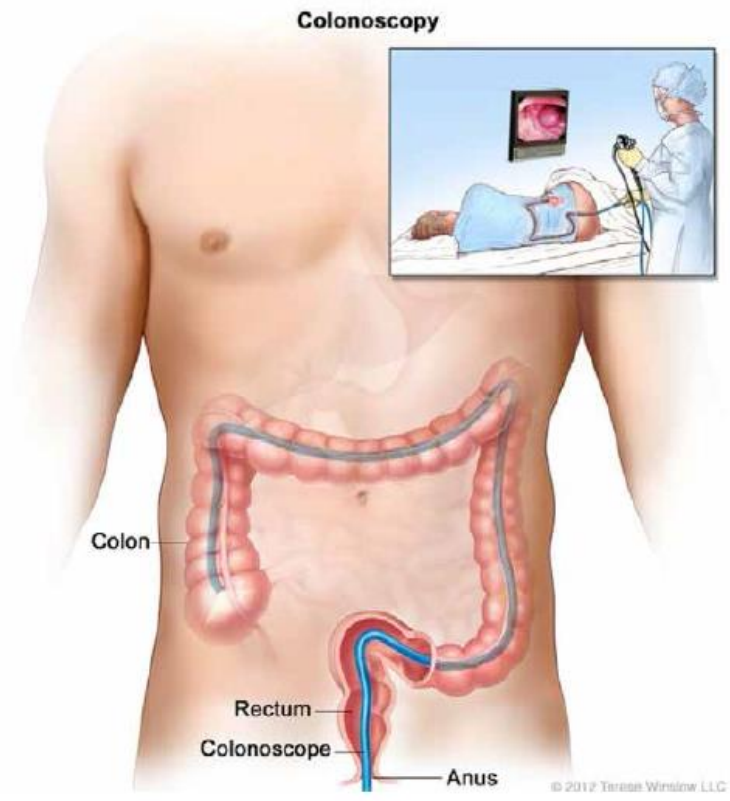
If you have a family history of colorectal cancer you may have an increased risk of getting it.

What is a Colonoscopy?

- A colonoscopy is a test where a doctor takes a tube attached to a small camera and looks at your whole colon.
- If you have a positive Fecal Occult Blood Test (FOBT kit) (blood in your poop) you will be sent for a colonoscopy.
- If you have a family history of colon cancer or if you are high risk you will be sent for a colonoscopy.
- All patients have to prepare the day before by drinking a liquid to make sure that their bowel is clean.
- All patients are given sedation when having a colonoscopy so they won't have to worry about feeling any pain or being fully awake during the test.



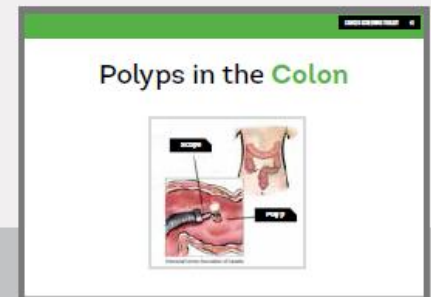
What is a Colonoscopy?



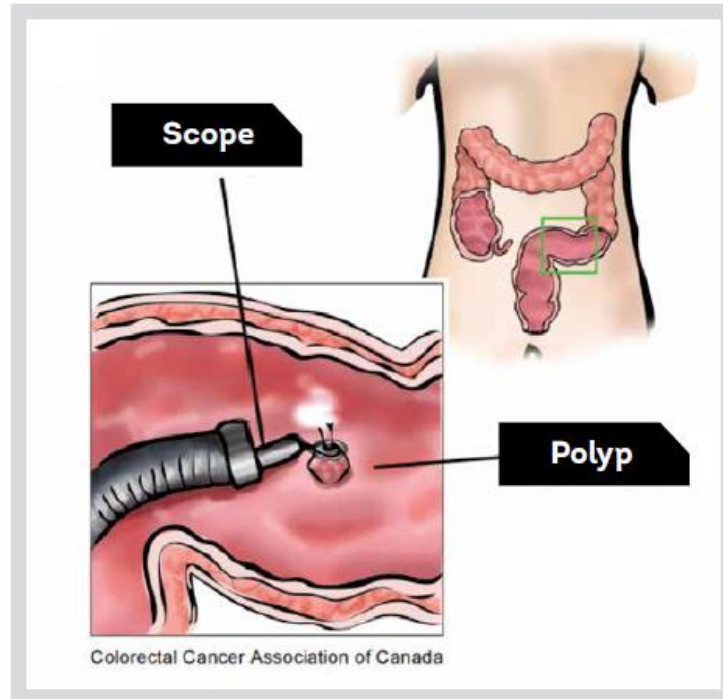
Polyps in the Colon

During the test

- During the colonoscopy, biopsies can be taken and polyps (growths) can be removed.
- Any biopsies or growths that are removed are sent to the lab where they are tested for cancerous cells.
- Your doctor will follow-up with you if additional testing is needed.
- Almost all polyps removed are not cancerous.



Polyps in the Colon





Screen for Life
Cancer screening sees what you can't

-  Breast
-  Cervical
-  Colorectal



Cancer Care Ontario (CCO) - an agency of the government - drives quality and continuous improvement in disease prevention and screening, the delivery of care and the patient experience, for cancer, chronic kidney disease and access to care for key health services. The Aboriginal Cancer Control Unit, within CCO, is accountable for implementing the Aboriginal Cancer Strategy II (ACS II), engaging and working directly with FNIM people, supporting the Regional Cancer Programs in their work with FNIM people and helping to make the Ontario cancer system work better for FNIM people.