**My CancerIQ – Key Messages**

**What is My CancerIQ?**

[My CancerIQ](https://www.mycanceriq.ca/) is a free, online tool that can help you understand your personal risk of developing six types of cancer: breast, cervical, colorectal, kidney, lung and melanoma (skin cancer). The risk assessments take only a few minutes to complete and is available in both English and French.

The tool will ask you to answer questions about your lifestyle choices, family history and other factors that research shows are linked to the risk of developing cancer. Based on your answers, the tool generates a personalized health action plan, outlining the potential risk levels for these cancers. It also suggests steps you can take to help reduce your cancer risk, as well as links to helpful resources. You can print your health action plan, save it as a PDF file, or email it to yourself. You can also use the health action plan to discuss concerns or questions related to cancer prevention and screening eligibility with your health care provider.

Many people think getting cancer is beyond their control, but a recent Canadian study estimated that about four in 10 cancer cases can be prevented by eliminating known risk factors such as smoking cigarettes, alcohol consumption, exposure to cancer-causing substances, unhealthy diet, and physical inactivity.

**About Cancer Risk**

To help you better understand the types of cancer you may be at risk of, My CancerIQ features a section called [About Cancer Risk](https://mycanceriq.ca/About/CancerRisk). This section will help you learn about general cancer risk factors, prevention strategies, and lifestyle changes that can reduce the likelihood of developing cancer.

The risk assessments on My CancerIQ were designed using Ontario cancer data which makes it a unique tool for those living in Ontario to understand and manage their cancer risk. The service is free and readily available online, allowing you to access it from wherever, whenever.

Visit [MyCancerIQ.ca](https://mycanceriq.ca/) to complete an online cancer risk assessment and get your personalized health action plan today.