



Newsletter Content Blocks

Use and adapt the below for content in newsletters, email blasts to patients/public, or for websites

Title Recommendations

Importance of cancer screening
Getting checked for cancer
Staying on top of your cancer screening

100 words or less

It's important to stay on top of your health. Cancer screening is testing done on people who are at risk of getting cancer, but who have no symptoms and generally feel fine. Regular screening is important because it can find cancer early when treatment has a better chance of working or help prevent people from getting some cancers.

Talk to your family doctor or nurse practitioner about what screening test(s) are right for you. If you do not have a family doctor or nurse practitioner, you can call Health Connect Ontario at 811 (TTY: 1-866-797-0007) or visit [here](#).

150 words or less

It's important to stay on top of your health. Regular screening is important because it can find cancer early when treatment has a better chance of working or help prevent people from getting some cancers. Cancer screening is testing done on people who are at risk of getting cancer, but who have no symptoms and generally feel fine. Speak to your family doctor or nurse practitioner about what screening tests you are eligible for. If you do not have a family doctor or nurse practitioner, you can call Health Connect Ontario at 811 (TTY: 1-866-797-0007) or visit [here](#).

Ontario has four cancer screening programs: Ontario Breast Screening Program, Ontario Cervical Screening Program, ColonCancerCheck and the Ontario Lung Screening Program.

200 words or less

Cancer screening is testing done on people who are at risk of getting cancer, but who have no symptoms and generally feel fine. Regular screening is important because it can find cancer early when treatment has a better chance of working or help prevent people from getting some cancers.

Cervical Screening

- Anyone with a cervix who is or has ever been sexually active can get cervical cancer. A cervical screening test checks for the signs of cancer before it starts
- Talk to your doctor, nurse practitioner or midwife about getting checked with a test to help prevent cervical cancer*

Breast Cancer Screening

- If you are 50 or over, talk with your family doctor or nurse practitioner about your breast health and screening test options*

ColonCancerCheck

- People ages 50 to 74 should get checked for colon cancer, even if no one in their family has had the disease
- Speak to your family doctor or nurse practitioner about how to get your free at-home test to check for colon cancer*

* If you do not have a family doctor or nurse practitioner, you can call Health Connect Ontario at 811 (TTY: 1-866-797-0007) or visit [here](#).

250 words or less- Screening Eligibility

Ontario Cancer Screening Eligibility

Ontario Cervical Screening Program

- Currently, the Ontario Cervical Screening Program recommends that anyone with a cervix who is or has ever been sexually active have a cervical screening test every 3 years starting at age 21. However, we are in the process of updating this recommendation. If you are under age 25, talk to your family doctor, nurse practitioner or midwife about whether you should wait until age 25 before starting cervical screening*.

ColonCancerCheck

- People ages 50 to 74 should get checked for colon cancer, even if no one in their family has had the disease. To check for colon cancer, speak to your family doctor or nurse practitioner to determine what screening test is best for you*. If eligible, you can get a free, at-home test called the fecal immunochemical test (FIT) mailed to your address of choice.

Ontario Breast Screening Program

- If you are age 50 to 74, the Ontario Breast Screening Program (OBSP) recommends that most people in your age group get checked every 2 years with a mammogram.
- If you are age 30 to 69 and meet the eligibility criteria for the High Risk OBSP, the program recommends that you get checked once a year with both a mammogram and breast magnetic resonance imaging (MRI) (or screening breast ultrasound if MRI is not medically appropriate)
- If you are 30 to 69 years old and think you may be at high risk of getting breast cancer based on your personal or family history, you should speak with your family doctor or nurse practitioner*.

*If you do not have a family doctor or nurse practitioner, you can call Health Connect Ontario at 811 (TTY: 1-866-797-0007) or visit [here](#).