ᖃᐅᔨᓴᖅᑕᐅᓃᑦ ᖃᐅᔨᓴᖅᑕᐅᓗᓂ ᐊᑭᖃᖏᑦᑐᑦ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᓄᑦ ᑕᐃᒃᑯᓄᖓ ᐋᓐᑎᐅᕆᔪᒦᑦᑐᓄᑦ. ᐊᑐᓚᕆᒃᑲᓗᐊᕐᒪᖔᑦ ᐋᓐᑎᐅᕆᔪᒥ ᐋᓐᓂᐊᖃᖏᓐᓂᒻᒧᑦ ᓇᓪᓕᐅᑯᒫᕈᑎᑦ ᐸᕐᓇᓯᒪᔾᔪᑎ (OHIP) ᐱᓯᒪᔭᒐᖅ ᐊᖑᒻᒪᑎᒐᓗᐊᕐᒪᖔᑦ ᐅᓪᓗᖓᓄᑦ.

ᑎᑎᖃᐅᓯᐊᑐᐃᓐᓇᕆᐊᖃᒃᑐᑎᑦ ᐅᑯᓇᖔᖅᑐᒥᑦ ᐊᓐᑎᐅᕆᔪ ᐋᓐᓂᐊᖃᓐᓇᖏᑦᑐᓕᕆᔨᒃᑯᖏᓐᓂᑦ (ᑳᓐᓱᒥᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᓐᓂᕐᒧᑦ ᐋᓐᑎᐅᕆᔪᒥ) ᐃᓕᓐᓂᑦ ᖃᐅᔨᓴᖅᑕᐅᖁᔨᓗᑎᒃ ᑳᓐᓱᖃᖏᒃᑲᓗᐊᒻᒪᖔᖅᐱᑦ. ᑕᒪᒃᑯᐊ ᑎᑎᖃᐃᑦ ᐃᓚᒋᔭᐅᒻᒪᑕ ᐋᓐᑎᐅᕆᔪᒥ ᑳᓐᓱᖃᖏᒃᑲᓗᐊᒻᒪᖔᖅᐱᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑎᓄᑦ.

ᑭᒃᑯᑐᐃᓐᓇᐃᑦ 50 ᑎᑭᓪᓗᒋᑦ 74

ᐊᕐᕌᒍᓂᑦ ᐅᑭᐅᖃᕈᕕᑦ ᑕᒪᒃᑯᐊᓗ
ᐱᔪᓐᓇᖅᑎᑕᐅᓪᓗᑎᒃ
ᑕᐃᒪᓕ ᐊᖓᔪᖄᖃᕈᕕᑦ, ᖃᑕᙳᑎᖃᕈᕕᑦ,
ᓇᔭᖃᕈᕕᑦ ᐅᕝᕙᓗᓂᑦ ᕿᑐᙵᖃᕈᕕᑦ ᓇᓪᓕᐊᒡᓗ
ᖃᐅᔨᔭᐅᔪᒥᓂᐅᒃᐸᑦ ᐊᓇᕈᒃᑎᑦᑎᕕᖓᒍᑦ

ᑳᓐᓱᖃᓐᓂᖓᓂᑦ, ᐊᑏ ᐅᖃᕐᕕᒋᓚᐅᕈᒃ
ᐱᒪᕆᐅᓂᖅᐹᖅ ᖃᐅᔨᓴᖅᓯᔨᒋᖃᑦᑕᖅᑕᐃᑦ
ᖃᐅᔨᒋᐊᕐᓗᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᓐᓇᖏᒃᑲᓗᐊᒻᒪᖔᖅᐱᑦ
ᒫᓐᓇᑦᑎᐊᖑᓂᖅᓴᖅ.

ᓈᑐᐊᕋᖓᑎᒃ 2 ᐊᕐᕌᒍᒃ
ᐃᓘᓐᓇᑲᓴᖏᓐᓄᑦ
ᖃᐅᔨᓴᖅᓯᔾᔪᑏᑦ ᐱᓕᕆᐊᖑᔪᓐᓇᖅᑐᑦ ᐊᖏᕐᕋᒥ.

ᑕᐃᒃᑯᐊ†

21†† ᑎᑭᓪᓗᒋᑦ

70−ᓂᑦ ᐊᕐᕌᒍᓕᑦ ᐅᑭᐅᖃᓪᓗᑎᒃ
ᐱᔪᓐᓇᖅᑎᑕᐅᔪᑦ

ᓈᑐᐊᕌᖓᑕ 3 ᐊᕐᕌᒍᐃᑦ

ᐃᓘᓐᓇᑲᓴᖏᓐᓄᑦ †

ᐃᒡᓕᐊᑉ ᖂᖅᑲᖓ ᖃᐅᔨᓴᖅᑕᐅᖁᔭᐅᕗᑦ ᑕᐃᒃᑯᐊ ᐃᒡᓕᐊᑉ ᖂᖅᑲᖓᒍᑦ
(ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐊᕐᓇᐃᑦ, ᐊᕐᓇᑎᑑᖓᖅᑐᑦ ᐊᖑᑎᑦ ᓇᓪᓕᐊᖑᓂᖏᑦ
ᐊᔾᔨᒋᔪᓐᓃᖅᓯᒪᔭᖏᑦ ᐃᓄᐃᑦ) ᑕᐃᒃᑯᐊ ᑯᔭᖃᑎᖃᖃᑦᑕᖅᓯᒪᔪᑦ
ᖃᓄᐃᑦᑐᑐᐃᓐᓇᕐᓂᒃ ᐊᓯᒥᓐᓂᒃ ᐃᓅᖃᑎᒥᓐᓂᒃ.

††ᑕᐃᒪᓕ ᑐᖔᓂᒃᑯᕕᑦ 25, ᐅᖃᖃᑎᖃᓚᐅᕆᑦ ᐱᒪᕆᐅᓂᖅᐹᖅ
ᖃᐅᔨᓴᖅᓯᔨᒋᖃᑦᑕᖅᑕᓐᓂᑦ ᒪᑯᓂᖓ ᐅᑕᖅᑭᔭᕆᐊᖃᕐᒪᖔᖅᐱᑦ
ᑎᑭᐅᑎᓇᓱᐊᕐᓂᕐᓄᑦ ᐅᑭᐅᖃᓕᓐᓂᕐᒧᑦ 25−ᓂᒃ
ᐱᓕᕆᐊᖑᒋᐊᓚᐅᖏᓐᓂᕐᓂ ᐃᒡᓕᐊᑉ ᖂᖅᑲᖓ
ᖃᐅᔨᓴᖅᑕᐅᔭᕆᐊᖃᕐᒪᖔᑦ ᐃᒡᓕᐊᑉ ᖂᒃᑲᖓᓄᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ.

ᑕᐃᒃᑯᐊ*

50−ᓂᒃ ᑎᑭᓪᓗᒋᑦ

74−ᓂᒃ ᐊᕐᕌᒍᓕᑦ ᐅᑭᐅᖃᓪᓗᑎᒃ
ᐱᓕᕆᐊᖑᔪᓐᓇᖅᑎᑕᐅᔪᓄᑦ

ᓈᑐᐊᕋᖓᑎᒃ 2 ᐊᕐᕌᒍᒃ
ᐃᓘᓐᓇᑲᓴᖏᓐᓄᑦ
ᑕᐃᒪᓕ ᐃᓱᒪᒍᕕᑦ ᖁᕝᕙᓯᒃᑐᒥᑦ ᖁᒃᓴᓇᖅᑐᒦᑦᑐᕆᒍᕕᑦ
ᐃᕕᐊᖏᒃᑯᑦ ᑳᓐᓱᖃᑐᐃᓐᓇᕆᐊᖃᒃᑐᕆᓗᑎᑦ ᐊᒻᒪᓗ
ᐃᒫᖑᒍᕕᑦ 30 ᑎᑭᓪᓗᒋᑦ 69 ᐊᕐᕌᒍᓂᒃ ᐅᑭᐅᖃᓪᓗᑎᑦ,
ᐅᖃᖃᑎᖃᓚᐅᕆᑦ ᓘᒃᑖᒥᒃ ᐅᕝᕙᓘᓐᓃᑦ ᐋᓐᓂᐊᓱᖅᑎᒥᒃ ᐊᓐᓂᐊᕕᑦᓯᓐᓂ. ᐊᐅᓪᓚᖅᑎᑕᐅᑐᐃᓐᓇᕆᐊᖃᒃᑐᑎᑦ
ᖃᐅᔨᓴᖅᑕᐅᑎᑕᐅᔭᖅᑐᕐᓗᑎᑦ ᑐᙵᕕᒋᓗᒋᑦ ᐃᓚᕕᑦ
ᖃᓄᐃᖃᑦᑕᖅᓯᒪᓂᖏᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᓱᖅᑕᐅᓂᕐᒧᑦ
ᖃᓄᐃᓘᖅᑕᐅᖃᑦᑕᖅᓯᒪᓂᖏᑦ.

*

ᐃᕕᐊᖏᒃᑯᑦ ᑳᓐᓱᖃᓐᓂᕐᒧᑦ ᖃᐅᔨᓴᖅᑕᐅᔾᔪᑎ ᐊᑐᖅᑕᐅᖃᑦᑕᖁᔭᐅᕗᖅ
ᐊᕐᓇᓄᑦ, ᐊᕐᓇᑎᑑᖓᖅᑐᓄᑦ ᐊᖑᑎᓄᑦ ᓇᓪᓕᐊᖑᓂᖏᓐᓂ
ᐊᔾᔨᒋᔪᓐᓃᖅᓯᒪᔭᖏᓂ ᑕᐃᒃᑯᐊ ᐅᑭᐅᓕᑦ 50−ᓂᑦ ᑎᑭᓪᓗᒋᑦ 74−ᓂᑦ
ᑕᐃᒃᑯᐊᓗ ᐱᔪᓐᓇᖅᑎᑕᐅᓗᑎᒃ ᖃᐅᔨᓴᖅᑕᐅᔪᓐᓇᖅᑎᑕᐅᔪᑦ ᑖᒃᑯᑎᒎᓇ
ᐊᓐᑎᐅᕆᔪ ᐃᕕᐊᖏᕐᓂᒃ ᖃᐅᔨᓴᖅᑕᐅᑎᑦᑎᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑎᒃᑯᑦ (OBSP).

ᐊᑏ ᐅᖃᕐᕕᒋᓚᐅᕈᒃ ᐱᒪᕆᐅᓂᖅᐹᖅ ᖃᐅᔨᓴᖅᓯᔨᒋᕙᒃᑕᐃᑦ ᖃᐅᔨᒃᑲᓐᓂᖁᓪᓗᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᑎᒋᔪᓐᓇᖅᑕᕐᓄᑦ ᓇᓖᕋᕐᕕᒃᓴᐅᔪᓂᒃ. ᑕᐃᒪᓕ ᐱᒪᕆᐅᓂᖅᐹᒥᑦ ᖃᐅᔨᓴᖅᓯᔨᖃᖏᒃᕕᑦ ᑕᑯᒋᐊᓚᐅᕈᒃ: iphcc.ca/home/iphcc_members/ ᐊᒻᒪᓗ afhto.ca/find-team-near-you
ᑐᓴᕆᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᑳᓐᓲᑉ ᒥᒃᓴᓄᑦ ᖃᐅᔨᓴᖅᑕᐅᔾᔪᑎᓂᒃ ᑕᑯᒋᐊᓚᐅᕈᒃ: cancercareontario.ca/getchecked
ᐱᔭᐅᔭᕆᐊᖃᒃᐱᐅᒃ ᑖᓐᓇ ᑐᓴᐅᒪᔾᔪᑎᒃᓴᖅ ᖃᐅᔨᓇᓱᐊᕋᒃᓴᐅᓗᓃ ᐋᖅᑭᒃᓱᖅᓯᒪᓂᖔ?
1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

ᐊᓇᕈᒃᑎᑦᑎᕙᓪᓕᐊᔾᔪᑎ

ᖃᐅᔨᓴᖅᓯᔾᔪᑎ ᑳᓐᓱᑕᖃᖏᒃᑲᓗᐊᒻᒪᖔᑦ (FIT)

ᐃᒡᓕᐊᑉ ᖂᖅᑲᖓ
ᐃᒡᓕᐊᑉ ᖂᒃᑲᖓᓄᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ

Cᑳᓐᓱᖃᒃᑐᖃᕐᒪᖔᑦ ᖃᐅᔨᓴᖅᓯᓂᖅ ᐃᑲᔪᕈᑕᐅᓇᓱᐊᕐᒪᑦ ᐃᓅᖁᓪᓗᑎᑦ ᐃᓅᓯᖃᑦᑎᐊᕐᓗᑎᑦ
ᑳᓐᓱᖃᒃᑐᖃᕐᒪᖔᑦ ᖃᐅᔨᓴᖅᓯᓂᖅ ᖃᐅᔨᓴᖅᓯᔾᔪᑕᐅᓲᖑᖕᒪᑦ ᑕᐃᒃᑯᓂᖓ ᖃᐅᔨᓇᕈᑎᖃᖏᑦᑐᓂᒃ ᐃᒃᐱᒋᔭᒥᒍᓪᓗ ᖃᓄᐃᖏᑦᑎᐊᖅᑑᔭᖅᖢᑎᒃ, ᑭᓯᐊᓂ ᖁᒃᓴᓇᖅᑐᒦᑐᐃᓐᓇᕆᐊᖃᕐᒪᑕ ᑳᓐᓱᑖᖅᓯᒪᑐᐃᓐᓇᕆᐊᖃᕐᓗᑎᒃ. ᓈᒻᒪᒃᓯᑐᐊᕌᖓᑦ ᖃᐅᔨᓴᖅᑕᐅᖃᑦᑕᕐᓂᖅ ᐱᒻᒪᕆᐋᓗᖕᒪᑦ ᐱᔾᔪᑎᒋᓪᓗᒍ ᓇᓂᓯᔪᖃᕈᓐᓇᕐᒪᑦ ᐃᓚᖓᓂᑦ ᑳᓐᓲᐃᑦ ᐅᕝᕙᓗᓂᑦ ᑳᓐᓱᕈᓐᓂᐊᖅᑐᒥᑦ ᖃᐅᔨᓴᕋᐃᔾᔪᑕᐅᓗᓂ ᐃᓅᓕᓴᖅᑕᐅᓂᖅ ᐲᖅᓯᔾᔪᑕᐅᔪᓐᓇᕐᓂᖅᓴᐅᑐᐃᓐᓇᕆᐊᖃᒃᑎᓪᓗᒍ.

ᐱᖓᓲᖕᒪᑕ ᐃᖃᓇᐃᔭᕐᕕᖁᑎᑦ ᑳᓐᓱᖃᒃᑐᖃᒻᒪᖔᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑏᑦ ᐱᔭᐅᒃᓴᐅᑎᑕᐅᓪᓗᑎᒃ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᓄᑦ ᑕᐃᒃᑯᓄᖓ ᐋᓐᑎᐅᕆᔪᒦᑦᑐᓄᑦ.

ᐃᕕᐊᖏᒃᑯᑦ
ᐃᓗᒻᒧᑦ ᕿᒥᕐᕈᐊᕈᑎᒧ