



# Cancer screening is about helping you live a good life

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

**Three organized cancer screening programs are offered to eligible people in Ontario.**

## BREAST Mammogram



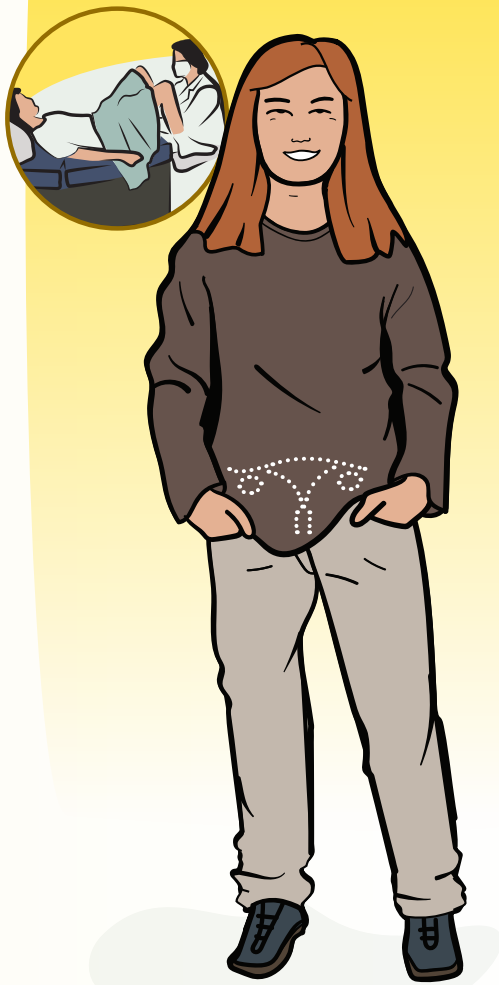
**People 50 to 74 years old who are eligible**

**Every 2 years for most**

**If you think you may be at high risk for breast cancer and are 30 to 69 years old, talk to a doctor or nurse at your health centre. They may send you for screening based on your family history and medical history.**

\*Breast cancer screening is recommended for women, trans men and gender diverse people ages 50 to 74 who are eligible for screening through the Ontario Breast Screening Program (OBSP).

## CERVICAL Pap Test



**People 21<sup>†</sup> to 70 years old who are eligible**

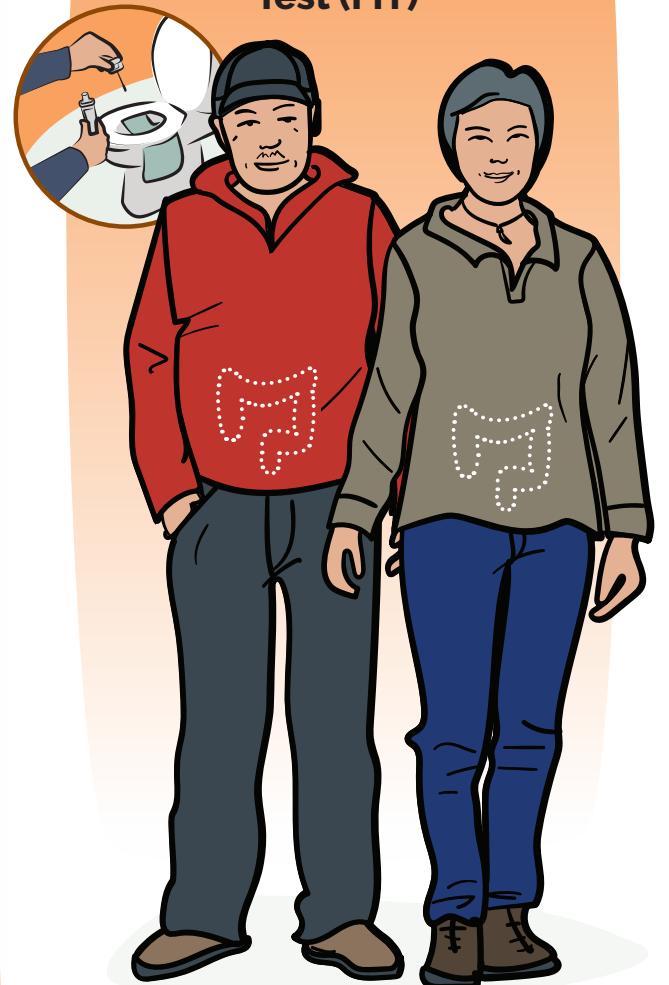
**Every 3 years for most**

†Cervical screening is recommended for people with a cervix (including women, trans men and gender diverse people) who have ever had sexual contact of any kind with another person.

‡If you are under 25, talk to your primary care provider about whether you should wait until age 25 before

starting cervical screening with the Pap test.

## COLON Fecal Immunochemical Test (FIT)



**People 50 to 74 years old who are eligible**

**If you have a parent, brother, sister or child who was diagnosed with colorectal cancer, please contact your primary care provider to see if you are eligible to get screened earlier.**

**Every 2 years for most**

**Test can be done at home.**

**The screening tests are free for eligible people in Ontario. Make sure your Ontario Health Insurance Plan (OHIP) card is up to date.**

You might get a letter from Ontario Health (Cancer Care Ontario) asking you to get screened for cancer. These letters are part of Ontario's cancer screening programs.

**Please contact your primary care provider to learn more about your screening options. If you do not have a primary care provider visit:** [iphcc.ca/home/iphcc\\_members/](http://iphcc.ca/home/iphcc_members/) and [afhto.ca/find-team-near-you](http://afhto.ca/find-team-near-you)

**For more information about cancer screening, visit:** [cancercareontario.ca/getchecked](http://cancercareontario.ca/getchecked)

**Need this information in an accessible format?** 1-877-280-8538, TTY 1-800-855-0511, [info@ontariohealth.ca](mailto:info@ontariohealth.ca)



**Ontario Health**  
Cancer Care Ontario