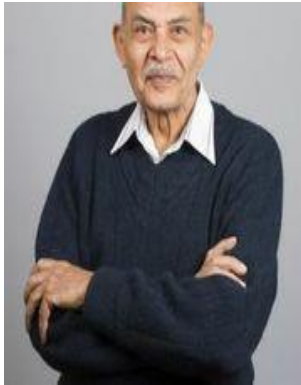


Cancer Prevention and Screening



Cancer Prevention



Cancer Screening

Screen *for* Life

Cancer screening sees what you can't



Breast



Cervical



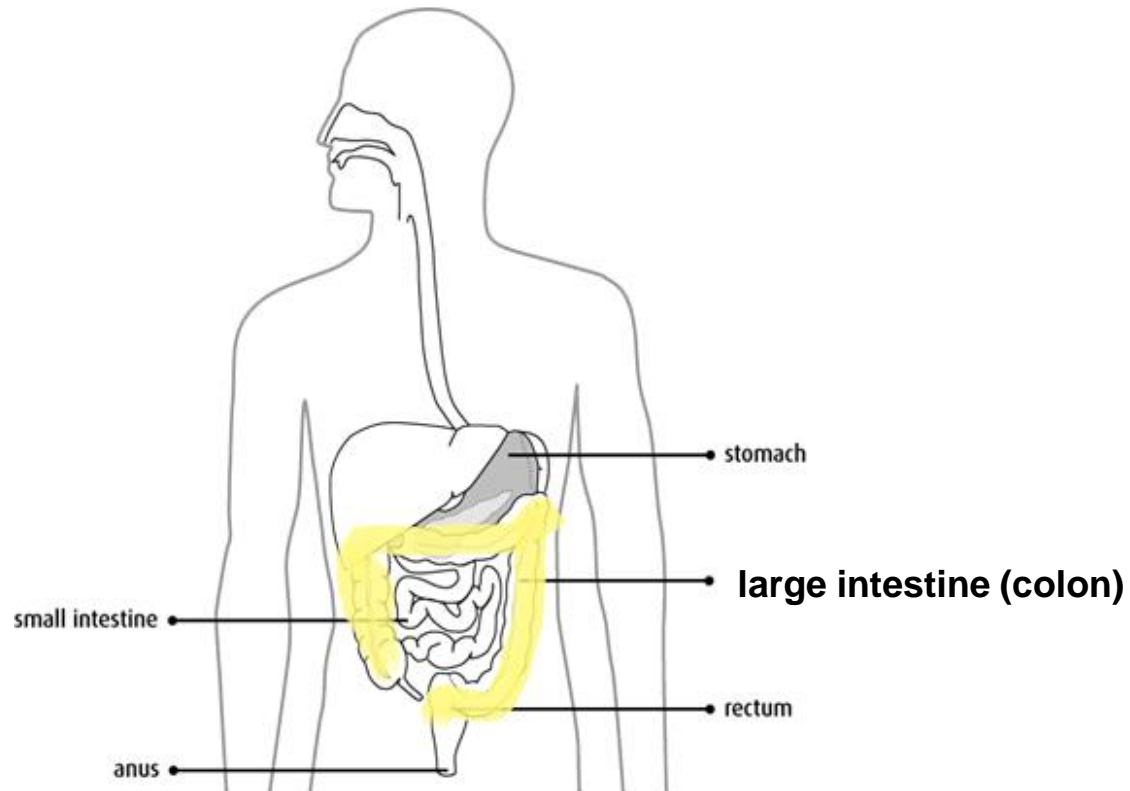
Colorectal

Colon Cancer Screening



What is Colon Cancer?

The Digestive System



Colon Cancer Screening Test = FOBT



F= Fecal

O= Occult

B= Blood

T= Test

Colon Cancer Screening

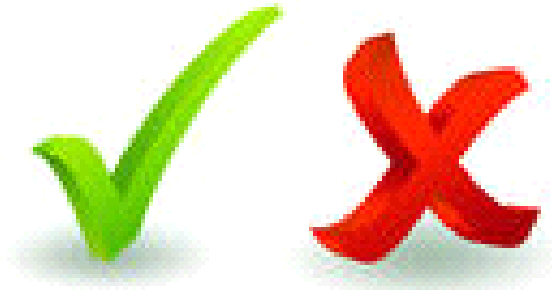
Men and women:

- Ages 50 to 74 – FOBT every 2 years
- Family history of colon cancer – talk to a healthcare provider



Group Discussion

YES or NO?



Yes or No?

Only men get colon cancer

I have a family history of colon cancer. Should I tell my healthcare provider?

I have done the FOBT, do I need to do it again in two years?

Yes or No?

Only men get colon cancer

No

I have a family history of colon cancer. Should I tell my healthcare provider?

Yes

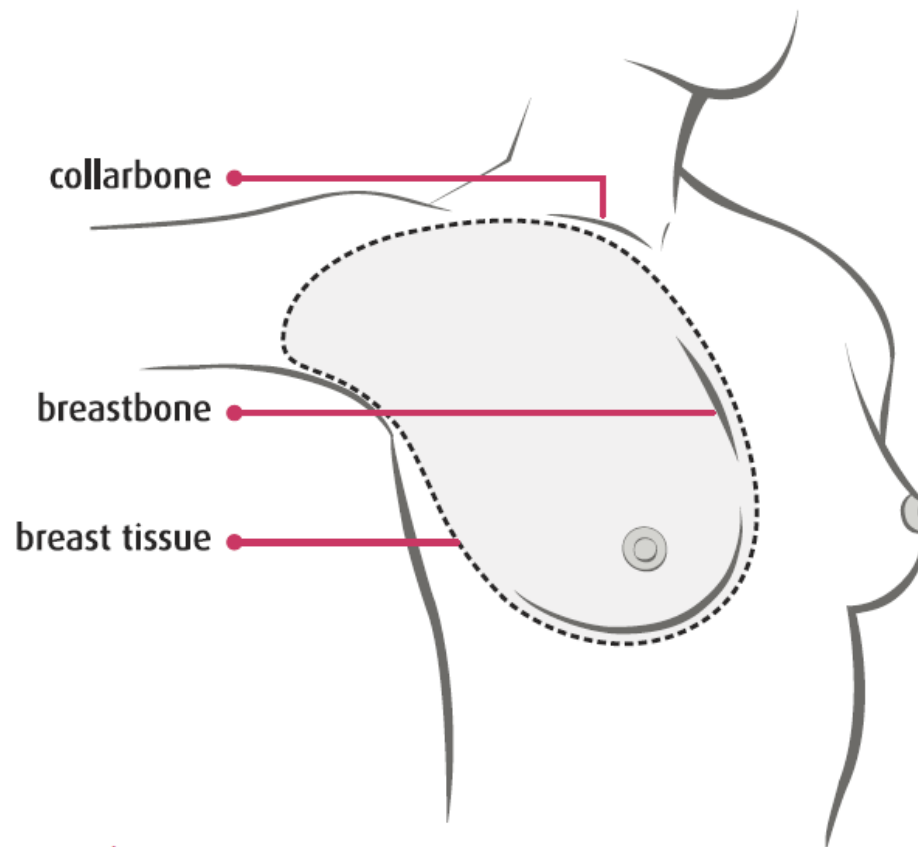
I have done the FOBT, do I need to do it again in two years?

Yes

Breast Cancer Screening



What is Breast Cancer?



© Canadian Cancer Society 2011

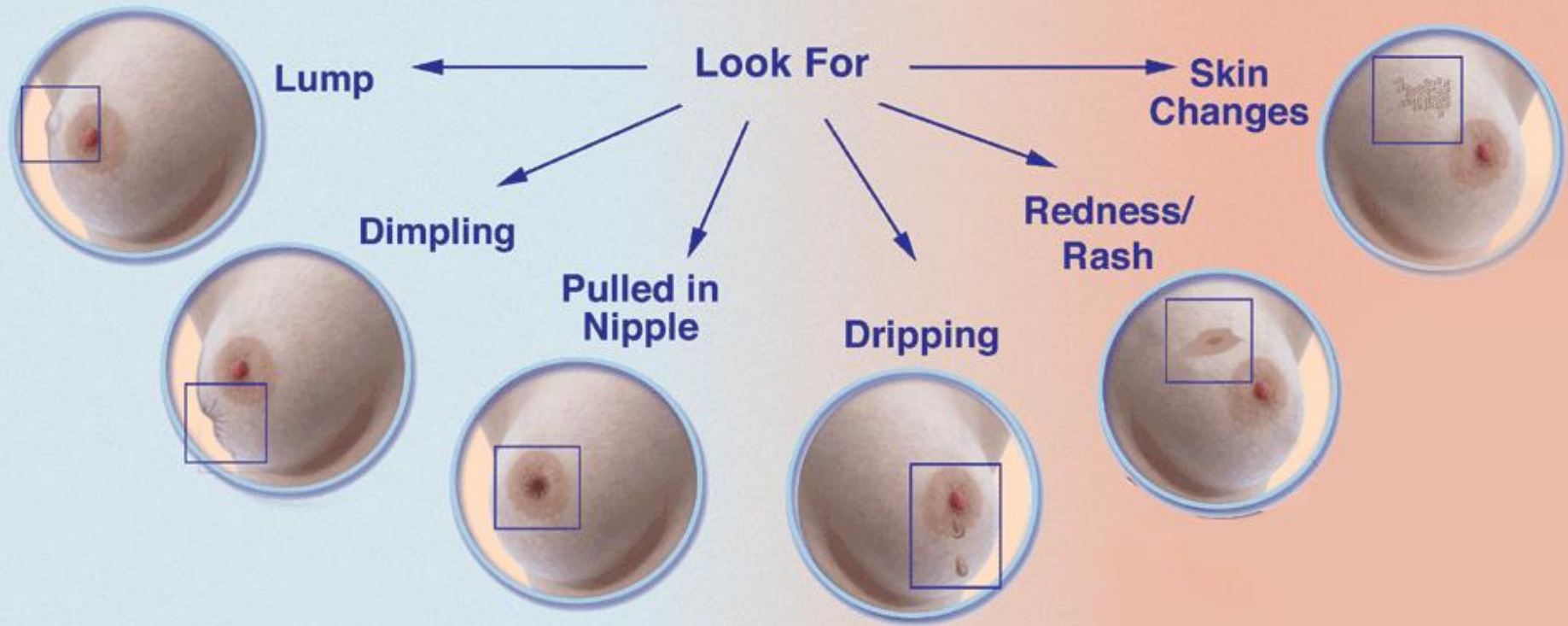
Breast Cancer Risk Factors

Two main risk factors are:

- Being a woman
- Getting older



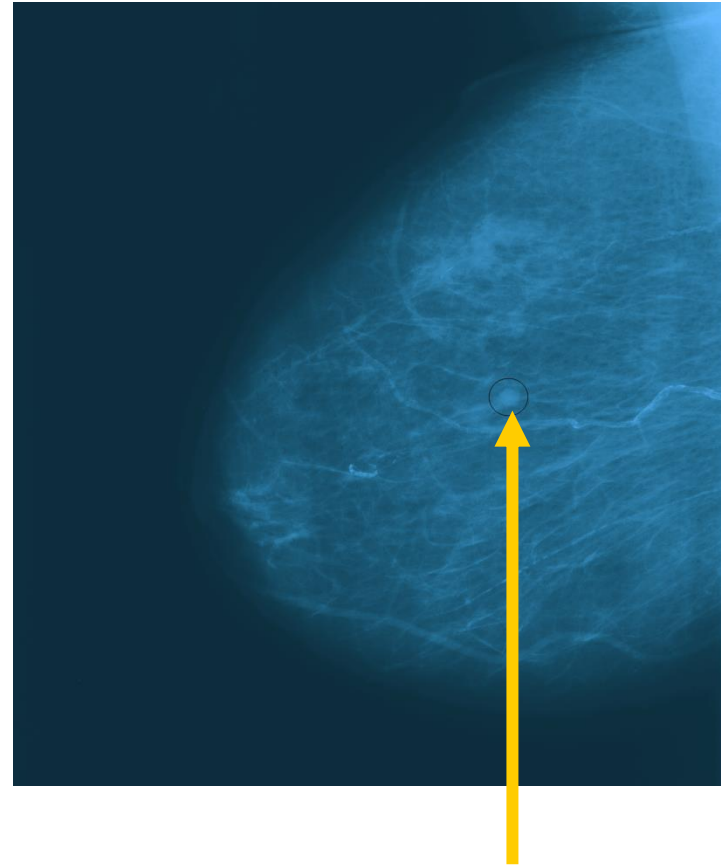
Know Your Breasts



Breast Cancer Screening Test = Mammogram



Mammogram

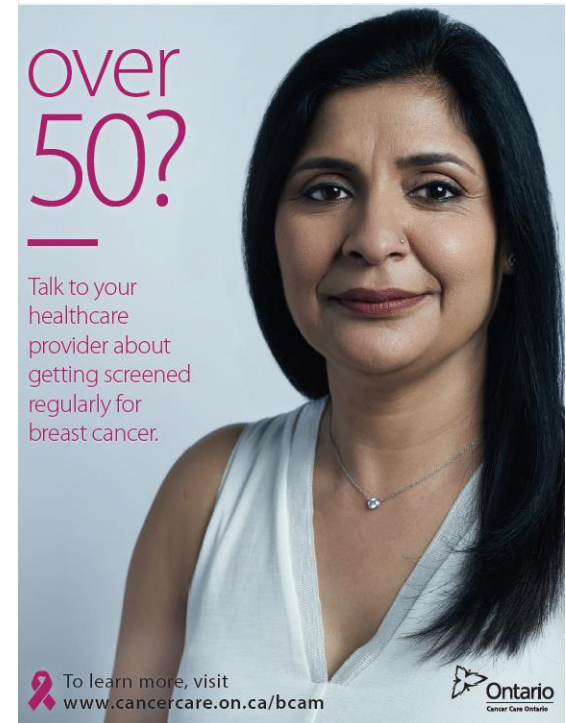


Breast cancer found early by a mammogram

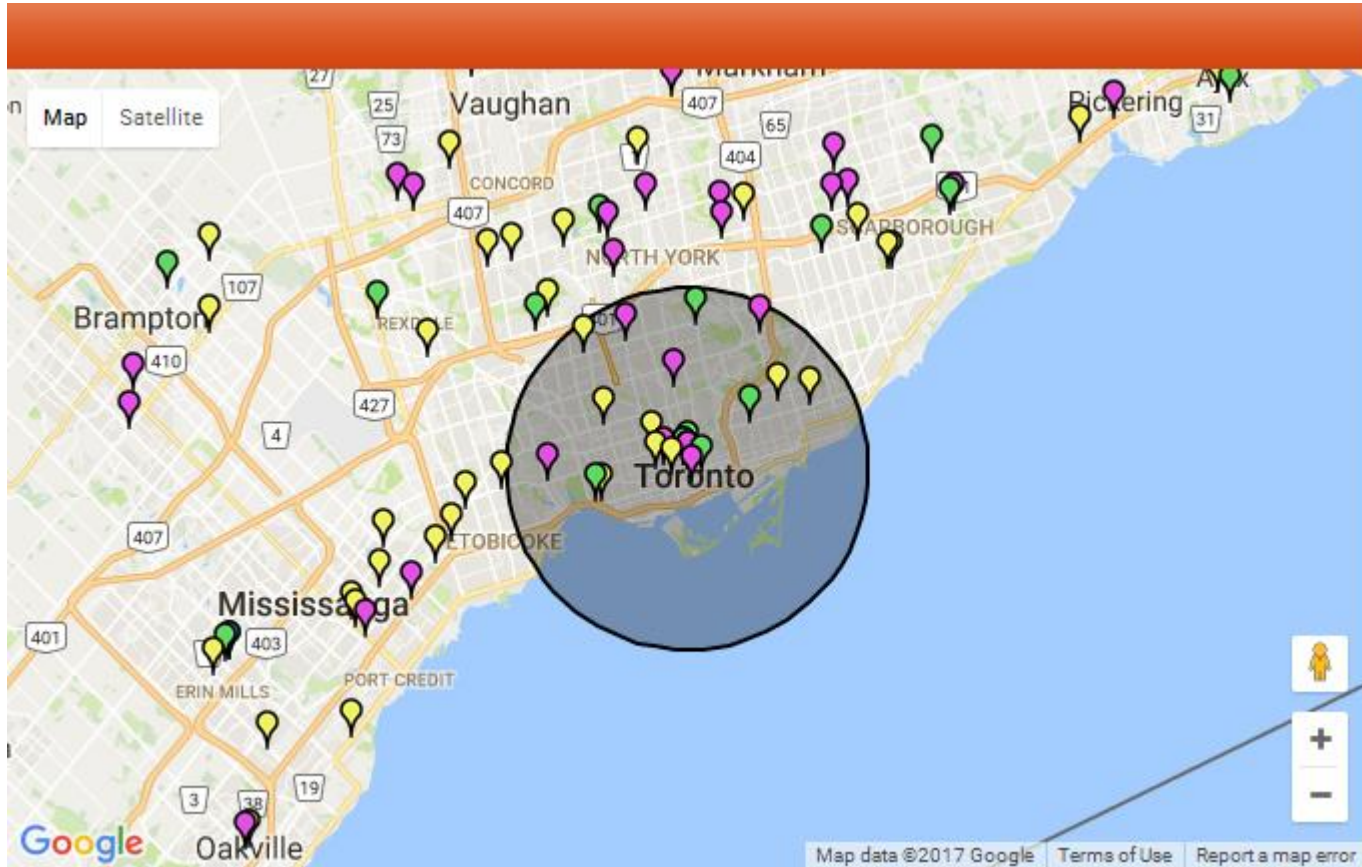
Breast Cancer Screening

Women:

- Ages 50 to 74 – mammogram every 2 years
- Family history of breast cancer – talk to a healthcare provider



Where to Get a Mammogram

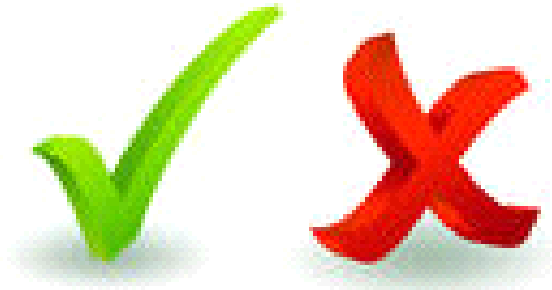


www.cancercareontario.ca/en/find-cancer-services/breast-screening-locations

1-800-668-9304

Group Discussion

YES or NO?



Yes or No?

Only women with a family history of breast cancer will get breast cancer

Mammograms cause breast cancer

Breastfeeding helps protect against breast cancer

Yes or No?

Only women with a family history of breast cancer will get breast cancer

No

Mammograms cause breast cancer

No

Breastfeeding helps protect against breast cancer

Yes

Yes or No?

Wearing an underwire bra causes breast cancer

Antiperspirants and deodorants cause breast cancer

Squishing of the breast or touching the breasts can cause cancer

Yes or No?

Wearing an underwire bra causes breast cancer

No

Antiperspirants and deodorants cause breast cancer

No

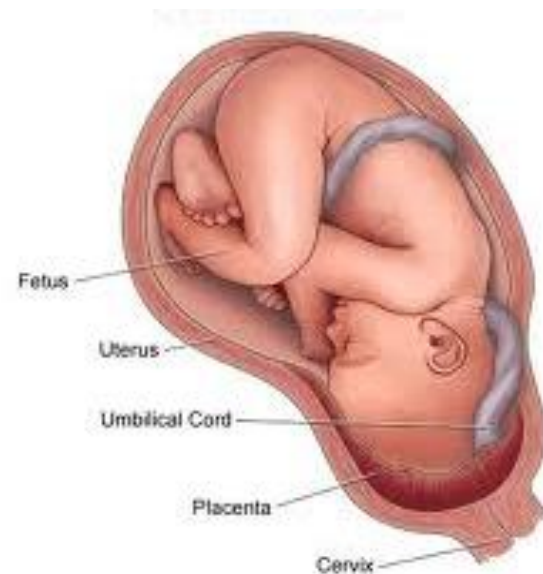
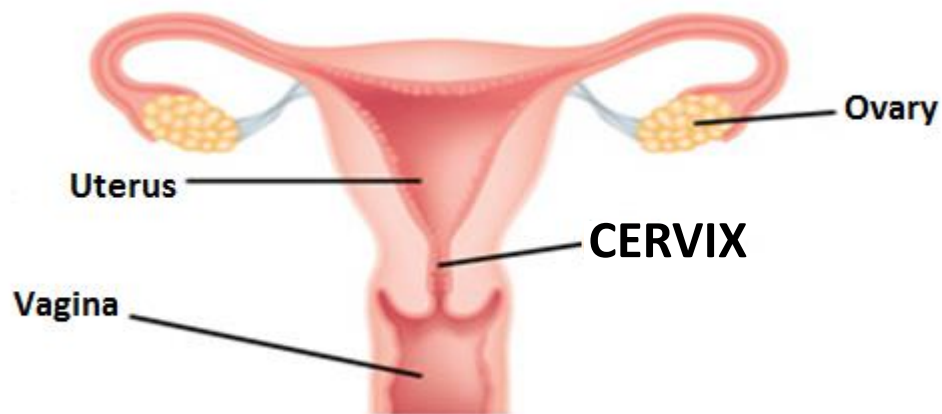
Squishing of the breast or touching the breasts can cause cancer

No

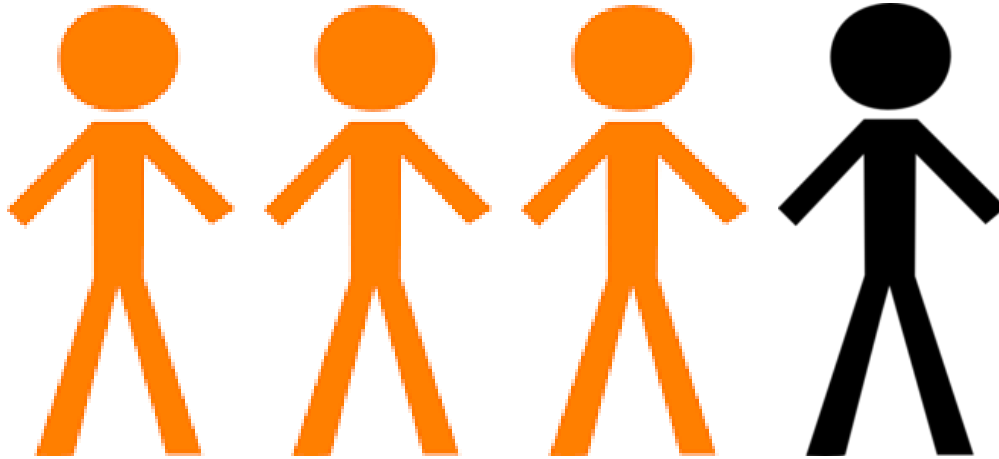
Cervical Cancer Screening



What is Cervical Cancer?



HPV = Human Papillomavirus

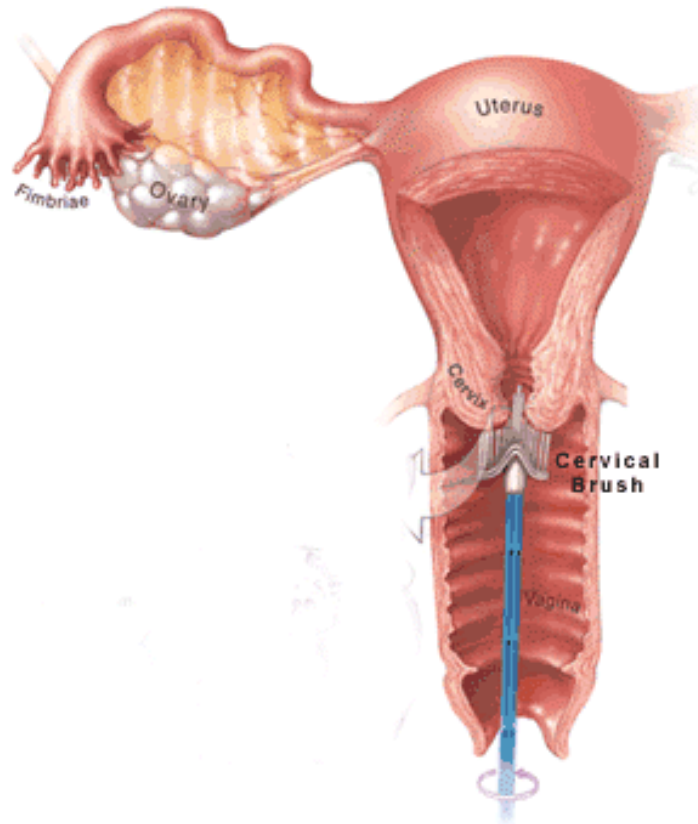


**It is estimated that without the HPV vaccine,
3 out of 4 sexually active Canadians will get
HPV at some point in their lives**

HPV Vaccine



Cervical Cancer Screening Test = Pap Test (Pap Smear)



Pap Test

Cervical Cancer Screening

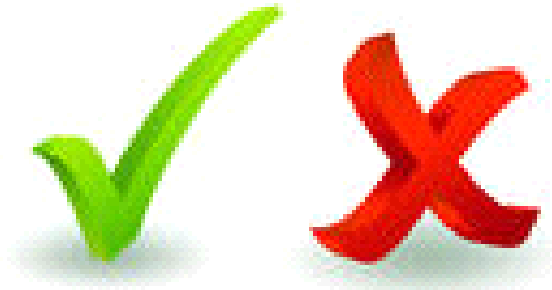
Women:

- 21 years and older
- Have ever been sexually active
- Every 3 years



Group Discussion

YES or NO?



Yes or No?

Cervical cancer can be prevented

If a woman has had the HPV vaccine she still needs to have regular Pap tests

Pap tests can tell if a woman has HPV or other sexually-transmitted infections (STI)

Only women who have had sexual activity with many partners get cervical cancer

Yes or No?

Cervical cancer can be prevented

Yes

If a woman has had the HPV vaccine she still needs to have regular Pap tests

Yes

Pap tests can tell if a woman has HPV or other sexually-transmitted infections (STI)

No

Only women who have had sexual activity with many partners get cervical cancer

No

Cancer Screening Guidelines

Breast Cancer Screening:

- Most women ages 50 to 74 - **mammogram** every 2 years

Cervical Cancer Screening:

- Starting at age 21, all women who have ever been sexually active - **Pap test** every 3 years

Colon Cancer Screening:

- Men and women ages 50 to 74 - **FOBT** every 2 years

How to Lower the Risk of Cancer



How to Lower the Risk of Cancer

Talk to your healthcare provider



My CancerIQ

The screenshot shows the homepage of the My CancerIQ website. At the top is a dark blue navigation bar with the following links: HOME (with a dropdown arrow), WHAT'S MY RISK?, ABOUT My CancerIQ, ABOUT CANCER RISK, and FOR HEALTHCARE PROVIDERS. The main content area has a white background. On the left is the 'myCANCERiq' logo. To the right of the logo is the heading 'LEARN YOUR RISK' followed by the subtext 'You can take action against cancer.' In the top right corner of the main area is a 'Share This' button with a share icon. Below this is a dark blue banner with the text 'Complete a cancer risk assessment and get your personalized action plan now.' Underneath the banner is a grid of six cancer types, each with an icon and a link: BREAST CANCER (pink top icon), CERVICAL CANCER (green female symbol icon), COLORECTAL CANCER (blue pants icon), KIDNEY CANCER (red kidney icon), LUNG CANCER (grey lung icon), and MELANOMA (orange sun icon).

HOME WHAT'S MY RISK? ABOUT My CancerIQ ABOUT CANCER RISK FOR HEALTHCARE PROVIDERS

myCANCERiq

LEARN YOUR RISK
You can take action against cancer.

Share This

Complete a cancer risk assessment and get your personalized action plan now.

BREAST CANCER

CERVICAL CANCER

COLORECTAL CANCER

KIDNEY CANCER

LUNG CANCER

MELANOMA

www.mycanceriq.ca

For More Information

Toronto Public Health: www.toronto.ca/health
416-338-7600

Canadian Cancer Society: www.cancer.ca
1-888-939-3333

My CancerIQ: www.mycanceriq.ca/

Smokers' Helpline: www.smokershelpline.ca
1-877-513-5333

EatRight Ontario: www.eatrightontario.ca
1-877-510-510-2

activeTO: www.activeto.ca

Thank You for Listening!

