

## Family Health Team



# Screening for *Life.*

Check it off your to-do list

### Colon Cancer



**Men and Women 50 - 74:** have a Fecal Occult Blood Test (FOBT) every 2 years. You can get an FOBT kit from:

- Your health care provider
- Telehealth Ontario at 1-866-828-9213

**Men and Women who have a family history** (parent or sibling) of colon cancer are at higher risk, so should have a colonoscopy at age 50 or sooner.

### Breast Cancer



**Women 50 - 74:** have a mammogram (breast X-ray) at the Ontario Breast Screening Program every two years. Make an appointment:

- Through your health care provider, or
- On your own by calling 1-800-668-9304

**Women 30 - 69 with a family history of breast cancer** are at higher risk and should speak with a health care provider about having a mammogram and MRI every year

### Cervical Cancer



**Women 21 years and older:** have a Pap test every three years. Make an appointment with:

- Your health care provider
- A walk-in clinic

Speak to a health care provider about these tests and your family history. You may need to be screened earlier or tested more often.

For more information call Cancer Care Ontario Screening at: 1-866-662-9233 or visit [www.ontario.ca/screenforlife](http://www.ontario.ca/screenforlife)