

CANCER SCREENING MAY SAVE YOUR LIFE

1 in 2 people in Ontario will be diagnosed with cancer in their lifetime.
Cancer screening helps to find cancer when it is early and most treatable.

People who do not have a primary care provider (family doctor or nurse practitioner) can still receive cancer screening and it is free if you have an Ontario Health Care (OHIP) card.

If you have a primary care provider, you can contact them first to book your screening(s).

If you do not have a primary care provider, please see below for other ways to access cancer screening. Information in this document is courtesy of **Cancer Care Ontario**.

Visit one of the North York Toronto Health Partners (NYTHP) cancer screening clinics to have or book your cancer screening and to access more information.

Select [here](#) or scan the QR code on the right for the details on future clinics.



Breast cancer screening



- Breast cancer is the most common cancer in women.
- Breast cancer screening is usually done through a mammogram (breast x-ray).

NEW - On **October 8, 2024**, the Ontario Breast Screening Program (OBSP) will be expanding to offer breast cancer screening to people ages 40 to 49. **As part of expansion, people ages 40 to 49 will be able to self-refer to the program.**

People can self refer by calling 1-800-668-9304 or by visiting an Ontario Breast Screening Program location. Select [here](#) for the location map to book your own appointment or scan the QR code on the right.

Any questions about the guidance change, please contact cancerinfo@ontariohealth.ca.



Who is eligible for breast cancer screening?

- As of October 8, 2024, breast cancer screening is available for women or trans and nonbinary people ages 40 to 74 years. You are still eligible if you fit the criteria and your OHIP card is expired and you do not need a referral for this type of cancer screening.
- If you are at higher risk of breast cancer due to your family/personal health history or were tested to have certain gene changes, you may qualify for earlier or additional testing to screen for breast cancer. Please speak to a health care provider to see if you are eligible for the high risk screening program.

Cervical cancer screening



- Cervical cancer is almost entirely preventable with screening and early treatment.
- Cervical cancer screening is done through a Pap test, a collection of cells from the cervix – for more information about Pap tests, select here or scan the QR code below.

Who is eligible for cervical cancer screening?

- If you are a woman or trans/nonbinary person with a cervix, 25 years of age and older, and have been sexually active, it is recommended you have a Pap test every three years.
- Regular screening for cervical cancer can stop at the age of 70 if you have had 3 or more normal tests within 10 years.
- If you believe you have an immune compromising condition and/or take immune compromising medication, please speak with a health care provider about how often you should be screened.

Pap tests are available as walk-ins to those eligible at the NYTHP cancer screening clinics. The tests will be administered by female health care professionals.



Alternatively call Health Connect Ontario at 811 and ask for a local clinic that offers Pap tests or contact your primary care provider.

Colorectal cancer screening



- 9 out of 10 people can be cured if colorectal cancer is found early.
- Colon cancer screening is done through a fecal immunochemical test (FIT) that is quick, safe and painless, and can be done at home.

Who is eligible for colorectal cancer screening?

- **If you have no family history of this type of cancer**, everyone between ages of 50 to 74 years should be checked for colon cancer every two years using a FIT. The FIT checks your stool (poop) for tiny amounts of blood that may be caused by colorectal cancer or pre-cancerous polyps. The Nurse Practitioner at an NYTHP cancer screening clinic can order a test for you if you are eligible.
- **If you have a family history (first degree relative) of this type of cancer**, please speak to a health care provider or if you have persistent changes in your bowel movements and non-resolving rectal bleeding concerns.

Alternatively, contact your primary care provider or call 811 to be connected to one or visit: Health Care Connect or scan the QR code on the right.

