

# *Upper Canada*

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## Family Health Team

### Information Sheet for Preventative Care

Since early stages of cancer can be difficult to see or feel, regular screening is a way to detect cancers sooner. Detecting cancer sooner leads to treatment faster.

Based on Cancer Care Ontario Guidelines, Upper Canada Family Health Team is focused on three screening processes:

- Cervical Cancer Screening
  - Women age 21-69 , that have ever been sexually active, are screened by having a pap test every 3 years
  
- Breast Cancer Screening
  - Women age 50-74 are screened by having a mammogram every 2 years
  - Schedule your own appointment by calling Ontario Breast Screening
    - Brockville Screening Center call **613-345-8304**
    - Other Ontario Screening Centers call **1-800-668-9304**
  
- Colorectal Cancer Screening
  - Women and men age 50-74 screen by completing a FIT (Fecal Immunochemical Testing) every 2 years
    - FIT consists of collecting a small stool sample on a provided sampling stick
    - FIT kits are supplied and mailed out from LifeLabs

OR

- A colonoscopy every 10 years, as directed by your doctor