

Cancer Screening: Talk to Your Doctor

Learn about:

- ✓ Why cancer screening is important
- ✓ How to prepare yourself to talk to your doctor about cancer screening

What is cancer screening?

Cancer screening looks for cancer before you have symptoms to find cancer early or stop it from developing.

Why is cancer screening important?

It is important for people of all ages, including people who have already had cancer, to be screened because it helps prevent, treat, and cure cancer easier by finding possible cancer cells early.



What are the screening programs in Ontario?

There are 3 cancer screening programs in Ontario:

- breast
- cervical
- colorectal

- ✓ Screening for these cancers can reduce cancer deaths.
- ✓ Follow the cancer screening guidelines in Ontario and talk to your doctor or health care provider about getting checked.
- ✓ Know your body and talk to your doctor or health care provider about any changes or symptoms.



How do I know what cancer screening I need?

- Your doctor or health care provider can tell you about tests you may need and when you should be screened.
- If you have a family history of cancer or other risk factors, you may need to be screened earlier or more often.
- Talk to your doctor or health care provider and ask questions.

What information do I need and what questions should I ask?

Before you visit with your doctor or health care provider, be sure to find out more about your family history and write down any questions you may have about cancer screening.

Here are some questions you may want to ask:

- What is my cancer risk?
- What screening tests should I have?
- What should I do to prepare for the test?
- What happens during the test?
- How often should I get screened?
- When will I get my results?
- Where can I get more information?



How can I help family and friends?

Talk to your friends and family about cancer screening. Even if it may seem embarrassing to talk about, sharing what you know with them may help.

You could talk about:

- your upcoming doctor's appointments
- the cancer screening tests available
- why it is important to get screened

Encourage and support others to get screened to help save lives. Start talking today!

For more information

For current cancer screening programs in Ontario visit:

Ontario Ministry of Health

- <http://www.health.gov.on.ca/en/> (search “cancer screening”)

Canadian Cancer Society:

- www.cancer.ca (click on “Prevention”, then “Getting Checked”)

Sources:

1. Canadian Cancer Society www.cancer.gov/cancertopics/pdq/screening/overview/patient/page1
2. Cancer Care Ontario www.cancercare.on.ca/pcs/screening
3. Cancer View Canada www.cancerview.ca/portal/server.pt/community/colonversation

Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

© 2019 University Health Network. All rights reserved.

Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.

Form: D-5813 | Author: Cancer Education & Survivorship/ Updated by: Meredith Giuliani | Reviewed: 2019