

Cancer Screening Programs

Colorectal Cancer Screening Program

Fecal Occult Blood Test - FOBT

1. Request FOBT Kit with your family doctor
2. Follow directions and send in results
3. If you do not have a family doctor, call Health Care Connect at 1-800-445-1822



More information:

1-866-828-9213 • www.ontario.ca/coloncancercheck

Breast Cancer Screening Program

Mammogram

1. No doctor appointment necessary
2. Call to book an appointment at Ontario Breast Screening Program (OBSP) 1-800-668-9304



More information:

1-866-662-9233 • www.ontario.ca/screenforlife

Cervical Cancer Screening Program

Pap Test

1. Book your appointment with your family doctor
2. If you do not have family doctor, call Health Care Connect at 1 800 445 1822



More information:

1-866-662-9233 • www.ontario.ca/screenforlife

Risk factors you can change to reduce your risk of cancer:	Colorectal	Breast	Cervix
Eat healthy	●		
Be physically active	●	●	
Maintain a healthy weight	●	●	
Do not use tobacco products	●		●
Limit alcohol	●	●	

Canadian Cancer Society
Cancer Information Service: 1-888-939-3333
 Cancer information available in different languages.

This form does not replace medical advice or assessment.

If you have any questions, please contact your family doctor and/or a nurse practitioner

Mobilizing Newcomers 
 and Immigrants to Cancer Screening Programs

How to reduce your risk - Your personal check list



Healthy Eating

- ☐ Eat 7 servings of fruits and vegetables daily
- ☐ Reduce red meat - less than 3 times a week
- ☐ Drink water instead of juice , pop or other sugary drinks
- ☐ Use a "Healthy Plate" to control portion sizes
- ☐ Eat less refined grains (white)
- ☐ Do not add salt to your meals
- ☐ Reduce the amount of sugar you add to foods



Physical Activity

- ☐ At least 150 minutes a week
Example: ☐ 30 minutes/day
☐ Three 10 minute intervals/day
- ☐ Muscle and bone strengthening 2 days/week

Limit Alcohol

- ☐ Men: no more than 2 drinks/day
- ☐ Women: no more than 1 drink/day



Don't Use Tobacco Products

- ☐ Be smoke free - quit using tobacco
- ☐ Avoid second-hand smoke
- ☐ Stop using chew tobacco
- ☐ Stop using shisha/hookah

**For more information
call the Smoker's
Helpline:
1 877 513-5333**

Screen for Life

Cancer screening sees what you can't

☒ Breast ☒ Cervical ☒ Colorectal

Get Screened

- ☐ Colorectal Cancer Screening:
Men and women age 50-74 years old.
FOBT kit every 2 years.
- ☐ Breast Cancer Screening:
Women age 50-74.
Mammogram every 2 years.
- ☐ Cervical Cancer Screening:
Women age 21-70 who have ever been sexually active.
Pap test every 3 years.

Cancer Prevention

My goals for cancer prevention are:

- ☐ Healthy Eating ☐ Physical Activity ☐ Quit smoking ☐ Limit Alcohol

Get Screened: ☐ Colorectal ☐ Breast ☐ Cervical

Actions to achieve my goals are:

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