



## SCREENED

- Early detection plays a vital role in health. That's why screening is an important component of maintaining your well-being.
- This pamphlet includes comprehensive information about each screening test as well as a chart where you can keep track of your screening tests.
- While screening is essential, it is ultimately your decision to make. Before deciding on pursuing a test, you should carefully consider the risks and benefits, as well as your values and preferences. By working with your healthcare professional and making an informed decision, you can gain control over your health and ultimately make the best choice for you.

### Why screen?

- 1 • The FIT test detects the presence of blood in the stool which can help identify precancerous and cancerous lesions.

### Who gets one?

- 2 • People aged 50-74 can either undergo a FIT test every 2 years.

### What can I expect?

- 3 • You will need to collect a small sample of your stool using a collection kit. Once you have collected the sample, you will need to return it to the testing centre.

## Colon Cancer

### Why screen?

- 1 • Blood tests can be taken to diagnose type 2 diabetes.
- 2 • Long standing diabetes can damage many organs including the heart, blood vessels, eyes and kidneys.

### Who gets one?

- 2 • Screening generally begins at age 40 however can be earlier or later depending on your risk factors.
- 3 • You can use a risk calculator such as CANRISK to determine if you are at high risk: <https://www.healthycanadians.gc.ca/en/canrisk>.

### What can I expect?

- 3 • Ask your healthcare provider if you have to fast before your blood test. If so, do not eat or drink anything aside from water for 8 hours before your test.

## Type 2 Diabetes



## Cervical Cancer

### Why screen?

- 1 • Pap tests are done to detect changes in the cervix.

### Who gets one?

- 2 • Anyone with a cervix aged 21-65 should have a pap test every 2-3 years.
- 3 • It can be delayed if not yet sexually active at age 21.

### What can I expect?

- 3 • The test consists of using a speculum to visualize the cervix and then obtaining a sample for analysis.
- 4 • Try to avoid going when you have your period.
- 5 • In the 48 hours before the test, do not have sex, use tampons or insert any products in your vagina.



## Lung Cancer

### Why screen?

- 1 • Most people with lung cancer will not have symptoms for the first several years. It is usually diagnosed at a more advanced stage. Screening may help detect lung cancer at its early stage.

### Who gets one?

- 2 • In 2021, Quebec initiated a lung cancer screening demonstration project. It offers a low dose CT for people at high risk for developing lung cancer.
- 3 • People between the ages of 55-74 who have either smoked on or off for at least 20 years or smoked on or off for at least 20 years and quit less than 15 years ago.

### How can I prepare myself?

- 3 • There are no specific requirements to prepare for this exam.
- 4 • For more information you can email [depistagecancerpoumon@ssss.gouv.ca](mailto:depistagecancerpoumon@ssss.gouv.ca) or call 1-844-656-4312.

## Dyslipidemia



## Breast Cancer

### Why screen?

- 1 • Mammograms are done to detect early stages of breast cancer before any symptoms start.

### Who gets one?

- 2 • Women aged 50-74 every 2-3 years

### What can I expect?

- 3 • Mammograms are X-ray pictures of the breast.
- 4 • Don't wear any products on your body including deodorant, perfume or powders.



## Hypertension

### Why screen?

- 1 • Blood pressure monitors are used to detect high blood pressure, which is a risk factor for many conditions including stroke and heart attack.

### Who gets one?

- 2 • People over 18 years of age at all appropriate primary care visits.

### What can I expect?

- 3 • Prior to your test, avoid smoking tobacco, eating or drinking anything including coffee.



## Fragility Fractures



### Why screen?

- 1 • Osteoporosis is a condition marked by low bone density. As bone density decreases, the bone can become weaker over time, which can lead to fractures.
- 2 • A bone mineral density test can help diagnose your risk of fragility fractures and osteoporosis.

### Who gets one?

- 2 • People over the age of 65.
- 3 • People between the age of 50-64 if they have clinical risk factors. This includes: post menopausal women, current smoking or high alcohol use, long term use of steroids and more.

### What can I expect?

- 3 • Speak to your healthcare provider if you have recently had an exam with contrast (such as a CT scan) since it can interfere with the test.



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