

# CANCER SCREENING CAN 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.

- If you **do** have a primary care provider (family doctor or nurse practitioner), you can contact them first to book your screening(s).
- If you **do not** have a primary care provider, you can still receive cancer screening for free with an Ontario health care card (OHIP). Please see below for other ways to access cancer screening.

You can also visit one of the North York Toronto Health Partners Ontario Health Team (NYTHP OHT) clinics to book your cancer screening and to access more information. Scan the QR code or [select here](#) for details.



## BREAST CANCER SCREENING

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

### Who is eligible for breast cancer screening?

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

### How do I get tested?

- You can **self-refer** for breast cancer screening by calling 1-800-668-9304 or by visiting an Ontario Breast Screening Program location. Scan the QR code or [select here](#) for the location map to book your own appointment.
- Questions? Please contact [cancerinfo@ontariohealth.ca](mailto:cancerinfo@ontariohealth.ca)





## CERVICAL CANCER SCREENING

**NEW:** As of **March 3, 2025**, the HPV test has replaced the Pap test because it is better at helping prevent cervical cancer. If you have previously received a Pap test, please speak to a health care provider to determine when you will be eligible for the HPV test. For more information, select here or scan the QR code.

### Who is eligible for cervical cancer screening?

- **If you are a woman or trans/non-binary person with a cervix, are 25 or older and have been sexually active**, it is recommended that you have an HPV test every five years.
  - You may be eligible for regular screening up to age 74 depending on your risk factors.
- **If you have an immune compromising condition and/or take immune compromising medication**, please speak to a health care provider about how often you should be screened for cervical cancer.

### How do I get tested?

- Contact your primary care provider (if you have one);
- Call 811 or scan the QR code to find a local clinic that offers HPV tests.
- Get the HPV test at a NYTHP OHT cancer screening clinic. The tests will be administered by female health care professionals.



## 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) which is quick, safe and painless, and can be completed at home.

### Who is eligible for colorectal cancer screening?

- If you have **no family history of colorectal cancer** and are between the ages of 50 to 74, you should be screened 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.
- If you have a family history (first degree relative) of colorectal cancer or persistent changes in your bowel movements and non-resolving rectal bleeding concerns, please speak to a health care provider.

### How do I get tested?

- Contact your primary care provider (if you have one);
- Call 811 or scan the QR code to request a FIT kit to be sent directly to your home;
- Request a Nurse Practitioner (NP) at the NYTHP OHT cancer screening clinics to order a test for you.

