



ARE YOU 25 - 70 YEARS OLD?

IT IS IMPORTANT TO GET CHECKED FOR CANCER - EVEN IF YOU FEEL HEALTHY

FREE CERVICAL SCREENING

- Ask your doctor, nurse practitioner or midwife for a free **Pap test** if you:
 - Are 25 - 70 years old
 - Have a cervix and
 - Have had intercourse (sex), digital (using fingers) or oral (using mouth) sexual activity involving the genital area with a partner of any sex
- Seek medical attention as soon as possible if you are experiencing any of the following symptoms:
 - Pain during sex
 - Unexplained pain in your back
 - Unexplained pain in your pelvis
 - Vaginal bleeding after sex
 - Vaginal bleeding after menopause
 - Watery vaginal discharge with a strong odor

FREE BREAST SCREENING

- Call an Ontario Breast Screening Program (OBSP) location to book a free **mammogram** if you:
 - Are 50 – 74 years old
- Seek medical attention as soon as possible if you are experiencing any of the following symptoms:
 - Breast swelling
 - Sharp pain in breast or nipple
 - Lump
 - Redness
 - Nipple discharge
 - Change in skin texture



OBSP Phone Numbers

FREE COLORECTAL SCREENING

- Ask your doctor or nurse practitioner for a free at-home **Fecal Immunochemical Test (FIT)** if you:
 - Are 50 - 74 years old
 - Do not have a parent, brother, sister or child that has been diagnosed with colorectal cancer
- A **colonoscopy** will be booked for you if you do have a parent, brother, sister or child that has been diagnosed with colorectal cancer
- Seek medical attention as soon as possible if you are experiencing any of the following symptoms:
 - Constipation or diarrhea
 - Blood in your stool
 - Unexplained weight loss
 - Stomach pain

IF YOU DO NOT HAVE A DOCTOR OR NURSE PRACTITIONER: Walk-in clinics, mobile health clinics, public health units and community health centres can also provide free cervical and colorectal screening. Call or visit one near you to get checked.