

# THINK AGAIN.

You can have cancer and not know it. If you wait until you see or feel something wrong, you may have waited too long. Cancer screening can find cancer when it's itsy bitsy and most treatable. You need to be screened for colon, breast and cervical cancer. Regularly. Take charge of your health. Get screened.

## WHAT IS CANCER SCREENING?

Screening detects cancer in its earliest stages by testing or checking for the disease when you don't have symptoms. Screening tests can find colon, cervical and breast cancer at their earliest, most treatable stages. Some tests can find precancerous cells that can be treated before cancer even has the chance to develop.

## CANADIAN CANCER SOCIETY, PEI DIVISION

1 Rochford Street, Suite 1  
Charlottetown, PEI  
C1A 9L2

Toll-free 1 866 566-4007  
Fax: (902) 628-8281  
Email: [info@pei.cancer.ca](mailto:info@pei.cancer.ca)



Canadian Cancer Society  
Société canadienne du cancer

[getscreenedpei.ca](http://getscreenedpei.ca)

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# THINK YOU'D KNOW IF YOU HAD COLON, CERVICAL OR BREAST CANCER?

## COLON CANCER

Colon cancer is the third most common cancer in Canada for men and women. You probably won't see or feel anything wrong in its early stages because there's lots of room for a tumour to grow and expand in your lower abdomen. Screening can find colon cancer before you have symptoms. Found early, it can usually be treated successfully.

### Screening for colon cancer

If you're over 50, have a fecal occult blood test (FOBT) at least every 2 years. This test checks your stool for blood that you may not know is there. If your FOBT shows traces of blood, your doctor will perform follow up tests that may include:

- **A colonoscopy:** A test that lets your doctor look at the lining of your colon using a thin, flexible tube with a light and camera at the end.
- **A sigmoidoscopy:** Like a colonoscopy, but your doctor looks at your rectum and the lower part of your colon.

## CERVICAL CANCER

Cervical cancer is easy to miss if you don't get screened. It usually grows very slowly and has no symptoms in its early stages. Before cervical cancer develops, the cells in the cervix start to change and become precancerous. Getting screened for cervical cancer is the only way to find these precancerous cells and prevent them from turning into cancer. It's also the best way to catch cervical cancer when it's most treatable.

### Screening for cervical cancer

All women need to be screened for cervical cancer every 1 to 2 years after they turn 18 or become sexually active. There are 2 ways your doctor can test for cervical cancer:

- **Pap test:** A laboratory examination of cells taken from your cervix to detect abnormal changes.
- **Pelvic examination:** A physical examination where your doctor feels your pelvic organs for anything unusual.

## BREAST CANCER

Breast cancer is the most commonly diagnosed cancer among Canadian women. It grows in the cells of your breast tissue, which extends all the way up to your collarbone and from armpit to armpit. Breast cancer can affect women of any age, but is most common in women over 50. Screening can spot breast cancer when it's way too small for you to find on your own.

### Screening for Breast Cancer

If you're over 50, it's very important you get a mammogram at least every 2 years. Over 40, you need to have a clinical breast examination at least every 2 years. If you are between 40 and 49 and are at average risk of breast cancer, talk to your doctor about the benefits and risks of screening with mammography.

- **Mammogram:** A low-dose x-ray of your breasts.
- **Clinical breast examination:** a physical examination of your breasts by a healthcare professional.

## GET SCREENED PEI

Talk to your doctor about cancer screening at any age. Your doctor will know what screening tests you need or if you are at higher risk for developing cancer and need to be screened earlier or more often.

## FOR SCREENING PROGRAM DETAILS OR TO BOOK AN APPOINTMENT CALL:

PEI Colorectal Cancer Screening Program: 1-888-561-2233  
PEI Pap Screening Clinic: 1-866-818-7277  
PEI Breast Screening Program: 1-888-592-9888

## FOR GENERAL CANCER SCREENING INFORMATION VISIT [GETSCREENEDPEI.CA](http://GETSCREENEDPEI.CA) OR CALL:

Cancer Information Service: 1-888-939-3333

[getscreenedpei.ca](http://getscreenedpei.ca)