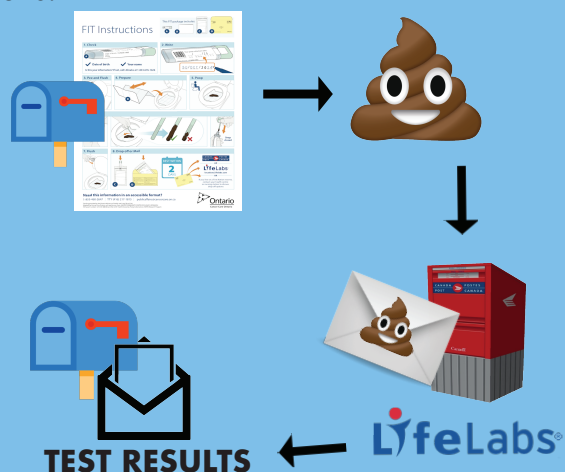


WHAT HAPPENS NEXT?

- Your healthcare provider will arrange for you to do the FIT at home.
- The test and instructions will come in the mail so **be sure your doctor has your correct address.**
- Once you are finished with the test, you can mail it or drop it off at ANY Life Labs location.
- You will receive a results letter in the mail.
- If you do not receive a letter you should contact your healthcare provider for the results.



WHAT HAPPENS IF THE TEST RESULT IS ABNORMAL?

An abnormal result means there was blood found in the stool. This **doesn't** always mean you have cancer. Both polyps and hemorrhoids can cause blood to show in the test.

- If the test shows there is blood in your stool, more testing is done to find the cause.
- The follow-up test for an abnormal FIT result is a colonoscopy. Contact your health care provider to arrange a colonoscopy.

DID YOU KNOW?

- **Colorectal cancer affects everyone equally**



- **Early detection is important**

WHEN CAUGHT EARLY
9/10
CAN BE CURED

- **Screening is one of the best things you can do for yourself**

**TALK TO YOUR
HEALTHCARE PROVIDER
TODAY ABOUT FIT**

**Created 10/2019. This information was adapted from the following sources:*

- Cancer Care Ontario
- Canadian Cancer Society
- Alberta Colorectal Cancer Screening Program



NIAGARA
NORTH
Family Health Team

HOW DO I GET SCREENED FOR...



COLORECTAL CANCER

WHO?



EVERYONE
AGE 50 - 74

WHEN?



EVERY
2 YEARS

HOW?



TALK TO YOUR
HEALTHCARE
PROVIDER

WHAT?

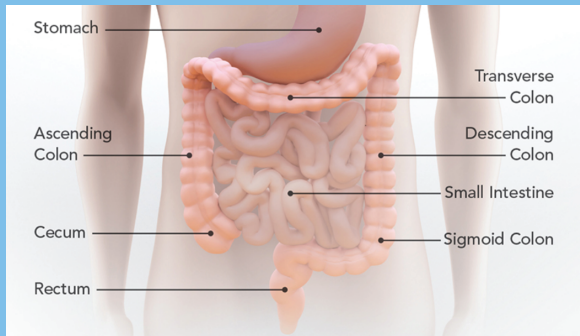


NIAGARA
NORTH
Family Health Team

THE FIT TEST
(OR A
COLONOSCOPY)

WHAT IS COLORECTAL CANCER?

It's cancer that grows on the inner wall of the colon and rectum, which are parts of the large intestine and the digestive system.



WHAT CAUSES COLORECTAL CANCER?

There is no single cause of colorectal cancer. Those at higher risk include people:

- with a family history of the disease
- who have polyps or have had colorectal cancer

WHAT CAN I DO TO LOWER MY RISK?

There are lots of ways to lower your risk of colorectal cancer:

- Get screened regularly!
- Stay at a healthy body weight.
- Make regular exercise a part of your life.
- Drink less or stop drinking alcohol.
- Eat lots of vegetables and fruits.
- Eat more fibre (whole grains, beans, peas, bran) and less saturated fats (processed meats, high-fat dairy products).
- Quit smoking.

WHO SHOULD BE SCREENED?

Screening is testing done on people who are at risk of getting cancer, but who have no symptoms and generally feel fine.

EVERYONE AGE 50 - 74
should be screened



WHY SHOULD I GET SCREENED?

90% OF CASES
CAN BE PREVENTED OR
TREATED SUCCESSFULLY

- Screening is the only way to find colorectal cancer early.
- Colorectal cancer is the second most common cause of cancer death in Ontario.
- Almost 7 of 10 people diagnosed with colorectal cancer have no family history of the disease. This means it is important to get screened, even if you do not have a family history of the disease.

HOW DO I GET SCREENED?

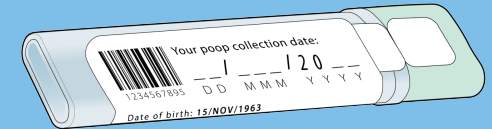
**TALK TO YOUR HEALTHCARE
PROVIDER ABOUT FIT!**



WHAT IS FIT?

A FIT (Fecal Immunochemical Test) is a safe, FREE and easy test you do at home that is:

- used to screen for colorectal cancer in people at average risk
- able to find blood in the stool that you can't see
- more accurate than the old stool test (FOBT)



HOW OFTEN SHOULD I DO A FIT?



EVERY 2 YEARS

WHAT ELSE SHOULD I KNOW?

- There are no food or medication restrictions
- Only one specimen is needed for the test
- The kit comes with everything you need

