

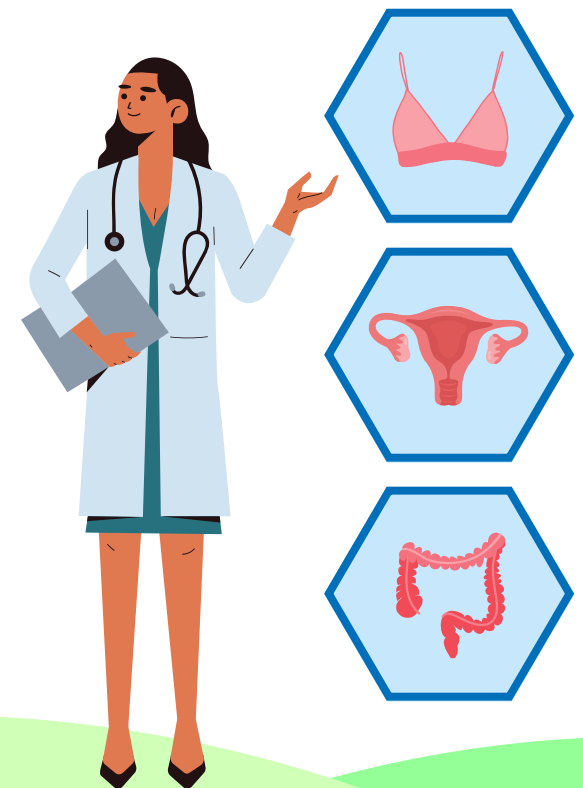


**Regular screening for cancer, when you have no symptoms and feel well, is the best way to find cancer early, when it is easier to cure or there is a better chance of treating it.**

To learn more about risk, prevention, screening, diagnosis and treatment, visit [www.cancercareontario.ca](http://www.cancercareontario.ca)

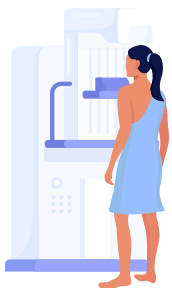


## Preventative Care Screening in Northumberland County



## Breast Cancer Screening

Getting screened regularly with mammography is important because it can find cancer early when it is less likely to spread to other parts of the body.



If you are age 50 to 74 and at **average risk** for breast cancer, it is recommended you are screened every 2 years with mammography.

Northumberland County has two OBSP sites - **Northumberland Hills Hospital** and **Campbellford Memorial Hospital**. You do not need a referral. You can call the hospitals directly to book your appointment today!

**Campbellford Memorial Hospital**  
705-653-3104

**Northumberland Hills Hospital**  
905-377-7795

If you are age 30 to 69 and **high risk** for breast cancer, talk to your doctor or nurse practitioner about a referral to the High Risk Ontario Breast Screening Program. If you do not have a doctor or nurse practitioner, you can call **811** to be connected with a primary care provider who will refer you.

Currently, there are no High Risk Screening sites in Northumberland County. They can be found at Lakeridge Health (Oshawa) and Peterborough Regional Health Centre.

## Cervical Cancer Screening

Screening is the only way to find the early changes that might lead to cervical cancer.

Anyone with a cervix (women, transmasculine and nonbinary people) who is or has ever been sexually active should have a Pap test every 3 years starting at age 21.

Make an appointment with your doctor or nurse practitioner. If you do not have a doctor or nurse practitioner, Pap tests are available by appointment through the **Haliburton Kawartha Pine Ridge District Health Unit** Sexual Health Clinics. For appointment bookings and locations, or to speak to a Sexual Health Nurse, call 1-866-888-4577, ext. 1205.

## Colorectal Cancer Screening

When colorectal cancer is caught early, **9 out of 10 people with the disease can be cured**.



If you are 50 to 74 years old and at **average risk** for colorectal cancer, you should be screened once every 2 years with fecal immunochemical test (FIT).

The FIT is an in-home screening kit and can be sent directly to your home. You can request a FIT kit from your doctor or nurse practitioner. If you do not have a doctor or nurse practitioner, you can get a kit by calling **Telehealth Ontario** at 1-866-828-9213.

If you are at **increased risk** for colorectal cancer, should be screened with a colonoscopy every 5 years. Colonoscopy tests are done by specialists at **Northumberland Hills Hospital, Campbellford Memorial Hospital**, and some local clinics. If you think you might be at increased risk, be sure to speak to your doctor or nurse practitioner. If you do not have a doctor or nurse practitioner, call **Cancer Care Ontario** at 1-866-662-9233 to be connected to a primary care provider.

