Getting checked for cancer regularly leads to healthier lives for you, your family, and your community.

North West Regional Cancer Program
Ontario Health (Cancer Care Ontario)
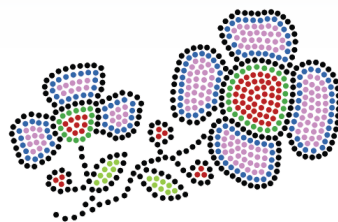
JI-ADISIDOOYANG GE-ONJI MINO-AYAAYANG
HEALTH TRANSFORMATION

Thunder Bay Regional
Health Sciences Centre

For more information, or if you have questions, contact your healthcare provider.

1 Tinmouth, J., Leylachian, S., Senese, L., Kewayosh, A., & Sheppard, A. J. (2023, November 13). Catching cancers early – How well do Ontario's organized screening programs perform for First Nations people? Aim 1: Incidence, mortality and survival of screening program cancers. Canadian Cancer Research Conference, Canada.

2 Cancer Care Ontario. Ontario Cancer Statistics 2022 Report. Toronto, ON: Cancer Care Ontario; 2022.

tbrhsc.net/cancerscreening

It's easy to get screened for colon cancer

Get your FIT kit at your health centre

A FIT is a free, at-home test that can help find colon cancer early.

Scan for audio versions of this material in English and Ojibwe

First Nations people are at higher risk of getting colon cancer and at a higher risk of dying from colon cancer compared to other people in Ontario.[1]

9 out of 10 people can be cured if colon cancer is caught early.[2]

If you are at average risk for colon cancer, you can get checked with a free, at-home test called the fecal immunochemical test (FIT).
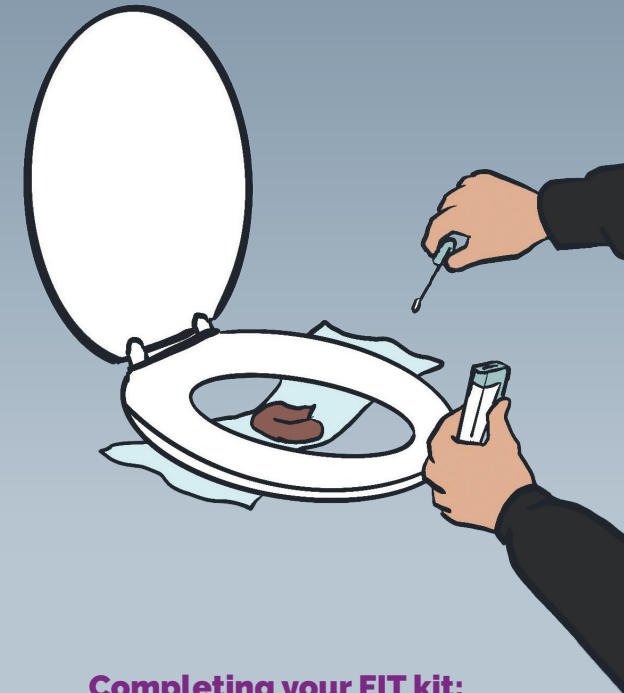
FIT kits are now available at your health centre.
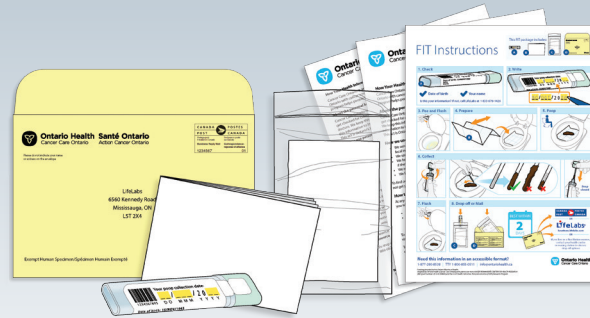
You are eligible for a FIT kit if you:

- Are age 50 – 74

- Have no symptoms

- Have no personal history of colon cancer

- Have no first-degree relative (parent, sibling, or child) diagnosed with colon cancer

Contact your healthcare provider about whether getting checked for colon cancer is right for you.

Completing your FIT kit:

1. Pick up your FIT kit from your health centre

2. Make sure your FIT kit has everything you need

3. Collect the sample by following the instruction sheet

4. Bring the FIT kit back to the health centre within **2 days**

5. Results will be mailed directly to you and sent to your healthcare provider. If you have any questions, contact your healthcare provider.