

MONTH DD, YEAR

FIRSTNAME M. LASTNAME
STREET NAME
CITY, ALBERTA T1T1Y1

DEAR FIRSTNAME LASTNAME:

Thank you for recently completing a Fecal Immunochemical Test (**FIT**) - a **screening test for colorectal cancer**. FIT checks your stool (poop) for traces of blood that you can't see.

Your FIT result was normal. A normal result means **no blood** was found in your stool. Please talk to your healthcare provider if you have any questions about your test result.

If you're 50 to 74 years old, **get screened with FIT every year**. Regular screening is the **best** way to prevent and detect colorectal cancer at an early stage when treatment is most effective. In fact, about 90% of cases are treated successfully if found early.

When it's time to screen again there are 2 easy ways to get your free FIT! Choose what works best for you.

- **Talk to your doctor about colorectal cancer screening.** They'll give you a lab requisition form. Take this form to the lab to pick up your FIT.
- Order online at **screeningforlife.ca** or call AHS Screening Programs toll-free at **1-866-727-3926**. We'll mail you a FIT.

If you need help finding a family doctor

- Visit albertafindadoctor.ca Call Health Link at 8-1-1 Visit cpsa.ca

FIT saves lives. Now that you know – pass it on! Let your family and friends know about the life saving benefits of colorectal cancer screening!

If you have questions about this letter, or the Alberta Colorectal Cancer Screening Program, please call us toll-free at 1-866-727-3926.

Sincerely,

Dr. Huiming Yang
Medical Director, Screening Programs
Alberta Health Services

Nov 2021

Don't take chances with Colorectal Cancer.

Screen with FIT *every year*.

- **Regular screening can prevent and find colorectal cancer early**, before symptoms appear and when treatment works best.
- About 90% of colorectal cancer cases are in people aged 50 and older.
- If you're 50 to 74 years old, get screened with **FIT every year**. Once you turn 75, the benefits of continuing to screen will depend on your personal health (how healthy you are overall). Talk to your healthcare provider when you turn 75 to see if screening is still right for you.

Your family health history

Family history is one of the risk factors for colorectal cancer. If there are health changes such as polyps (abnormal growths in the colon or rectum) or colorectal cancer in a first degree relative (like a biological parent, sibling or child) please let your healthcare provider know. It may mean you're at higher risk and need a different type of screening test.

Never ignore symptoms

If you're having symptoms such as rectal bleeding, new pain in your abdomen (belly) that you aren't sure of the cause or hasn't been checked by a doctor, unexplained weight loss or a change in bowel habits (such as narrow or ribbon-like stools, diarrhea or constipation) then talk to your healthcare provider right away because other testing may be needed. These symptoms may not be caused by cancer, but speaking to your healthcare provider can help you know for sure.

How to start a conversation about screening with a family member or friend

Screening can help save lives. But it can be hard to start a conversation with those you care about who may have put off screening. Here are some tips for talking to someone you know about colorectal cancer screening:

- **Be encouraging.** Remind them that you care and want them to be around for a long time.
- **Focus on the lifesaving benefits of screening.**
- **Break down barriers.** Let them know FIT is **free** and can be done in the privacy of their own home. Some people avoid the doctor's office. You can make it a little easier by sharing information on how they can **order a FIT online** at screeningforlife.ca
- **Give them time.** Let them think about it and decide for themselves if screening is right for them. If they have questions, encourage them to talk to their healthcare provider or call us at 1-866-727-3926.

About the Alberta Colorectal Cancer Screening Program

Coordinated by AHS, the Alberta Colorectal Cancer Screening Program is a province-wide, organized screening program designed to encourage eligible Albertans to get screened and reduce the number of colorectal cancer-related deaths.

Your privacy is protected

To learn more about our privacy policies and practices please visit screeningforlife.ca/about-us-2

For general information about breast, cervical, or colorectal cancer screening, visit our website at screeningforlife.ca or call us toll free at 1-866-727-3926.

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