

Dear Patient:

Screening for colorectal cancer is simple and could save your life.

This kit includes a fecal immunochemical test (FIT), an at-home test that checks for hidden blood in your stool (poop). Hidden blood can be a sign of colorectal cancer or polyps. Polyps are small growths that can turn into cancer over time.

Why should I get screened?

Colorectal cancer is one of the leading causes of cancer deaths in Alberta. Most people who get it are aged 50 and older and do not have a family history of the disease.

What is colorectal cancer screening?

Screening looks for colorectal cancer before symptoms appear. When cancer is found early, 90% of cases can be treated successfully. In Alberta, people aged 50 to 74 are recommended to complete a FIT every year.

How to do a FIT

Your kit includes easy to follow instructions for collecting a small stool sample. Return the kit to any lab within seven days. No appointment is needed, and you don't need to change your food or medicines before taking the test.

Where can I learn more?

To learn how you will get your results, see the back of this letter. For more information about colorectal cancer screening, talk to your healthcare provider or visit screeningforlife.ca.

Sincerely,

Dr. H. Yang
Medical Lead
Alberta Colorectal Cancer Screening Program



Screening for colorectal cancer saves lives.

To learn more about colorectal cancer screening scan this QR code or visit qrco.de/crc-screening and watch a short video.



Getting Your FIT result

Your healthcare provider will let you know your FIT result. You can also view your results online through MyHealth Alberta. Sign up for MyHealth Alberta by creating a verified Alberta.ca account. Visit myhealth.alberta.ca/account to get started.

If you're aged 50 to 74 and have an abnormal result, you will receive a letter by mail with recommended next steps.

Your FIT results: What's next?

- Normal result: No blood was found. Great news! Screen with a FIT every year.
- Abnormal result: Blood was found. This doesn't mean you have cancer, as there are many reasons why blood can be in your poop. Your healthcare provider will refer you for a colonoscopy to find out why.

About the Alberta Colorectal Cancer Screening Program

The Alberta Colorectal Cancer Screening Program is a province-wide, organized screening program within Primary Care Alberta designed to encourage eligible Albertans aged 50 to 74 to get screened and reduce the number of colorectal cancer-related deaths.

The Ministry of Primary and Preventative Health Services provides the names and addresses of Albertans aged 50 to 74, so the program can notify eligible people. This is strictly governed by the Health Information Act.

To get information from the program, keep your name and address up to date with Primary and Preventative Health Services. To update your information, call 310-0000 (toll-free) and enter (780) 427-1432 when prompted. If you do not want to receive program information, please call 1-866-727-3926 Monday to Friday 8 a.m. to 4:30 p.m. To learn more about our privacy policies and practices visit screeningforlife.ca/about-us-2/.

For general information about breast, cervical, lung or colorectal cancer screening visit screeningforlife.ca or call us toll-free at **1-866-727-3926 Monday to Friday 8 a.m. to 4:30 p.m.**