

# Cancer Screening in Alberta

Talk to your healthcare provider (such as a doctor or nurse) about screening for cancer.

Getting screened for cancer regularly is the best way to find it early, before any symptoms appear and when treatment is likely to work best.

## When should you be screened for cancer?



### Breast Cancer

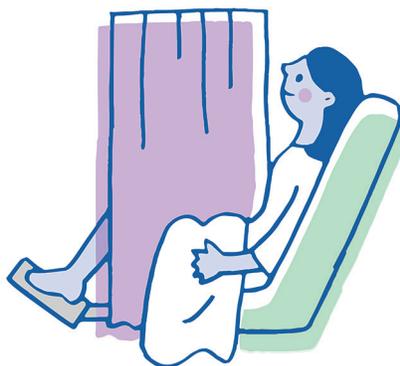
**FEMALE\***

Age 50 to 74

**Mammogram every 2 years**

Or as decided by you and your healthcare provider.

\* Meaning sex assigned at birth.



### Cervical Cancer

**FEMALE\***

Age 25 to 69

**Pap test every 3 years**

Starting at age 25 or 3 years after becoming sexually active, whichever is later (or as decided by you and your healthcare provider).



### Colorectal Cancer

**EVERYONE**

Age 50 to 74

**FIT (poop test) every year**

Or as decided by you and your healthcare provider.

## How is cancer screening done?

A screening **mammogram** takes an x-ray of the breast to find lumps that may be too small to feel.

A **Pap test** takes a swab of cells from the cervix to find changes to them.

A **Fecal Immunochemical Test (FIT)** is a test you do yourself that checks for blood in the stool.



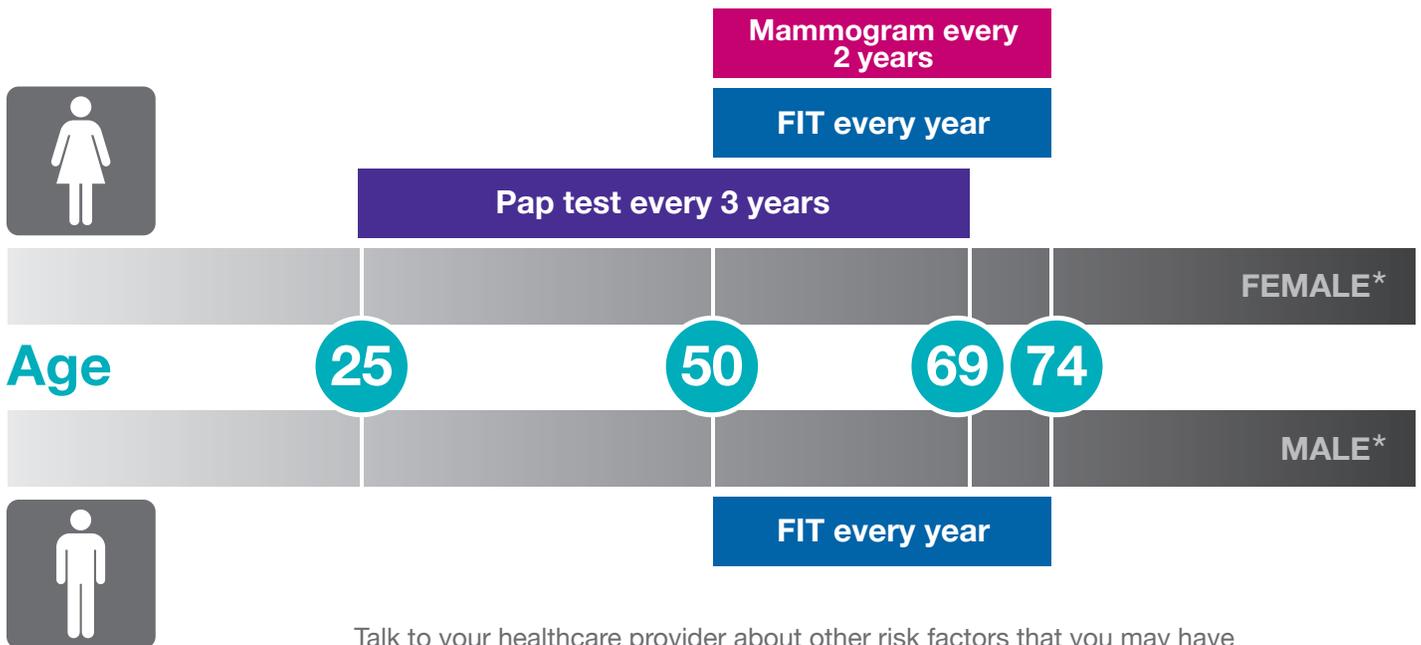
Visit [screeningforlife.ca](https://screeningforlife.ca) or call 1-866-727-3926 for more information.



Alberta Health Services

Screening Programs

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Talk to your healthcare provider about other risk factors that you may have (such as personal or family history of cancer) to see when you should start screening for cancer and how frequently.

\* Meaning sex assigned at birth.

## How can you get screened?

- If you're between 50 and 74, you can book a screening mammogram without a referral. Your healthcare provider will give you information on where to go for your **screening mammogram**.
- Your healthcare provider can do your **Pap test** in their clinic or refer you to a female doctor upon request.
- Your healthcare provider will give you a form and provide information on where to pick-up your **FIT kit**.

Visit [screeningforlife.ca](https://screeningforlife.ca) for more information on where to get screened.

### If you need a healthcare provider:



Visit [albertafindadoctor.ca](https://albertafindadoctor.ca)

Call **Health Link** at 8-1-1

Visit [cpsa.ab.ca](https://cpsa.ab.ca) (College of Physicians & Surgeons of Alberta)

Visit [screeningforlife.ca](https://screeningforlife.ca) or call 1-866-727-3926 for more information.



Screening Programs