Cancer Screening in Alberta

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.

Talk to your doctor or regular healthcare provider about screening for cancer.

When should I be screened for cancer?

Breast Cancer

- **Females***
- **Age 45 to 74**
- **Mammogram every 2 years**

Or as decided by you and your healthcare provider.

*Meaning sex assigned at birth.

Cervical Cancer

- **Females***
- **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 you and your healthcare provider).

*Meaning sex assigned at birth.

Colorectal Cancer

- **Everyone**
- **Age 50 to 74**
- **FIT (poop test) every year**

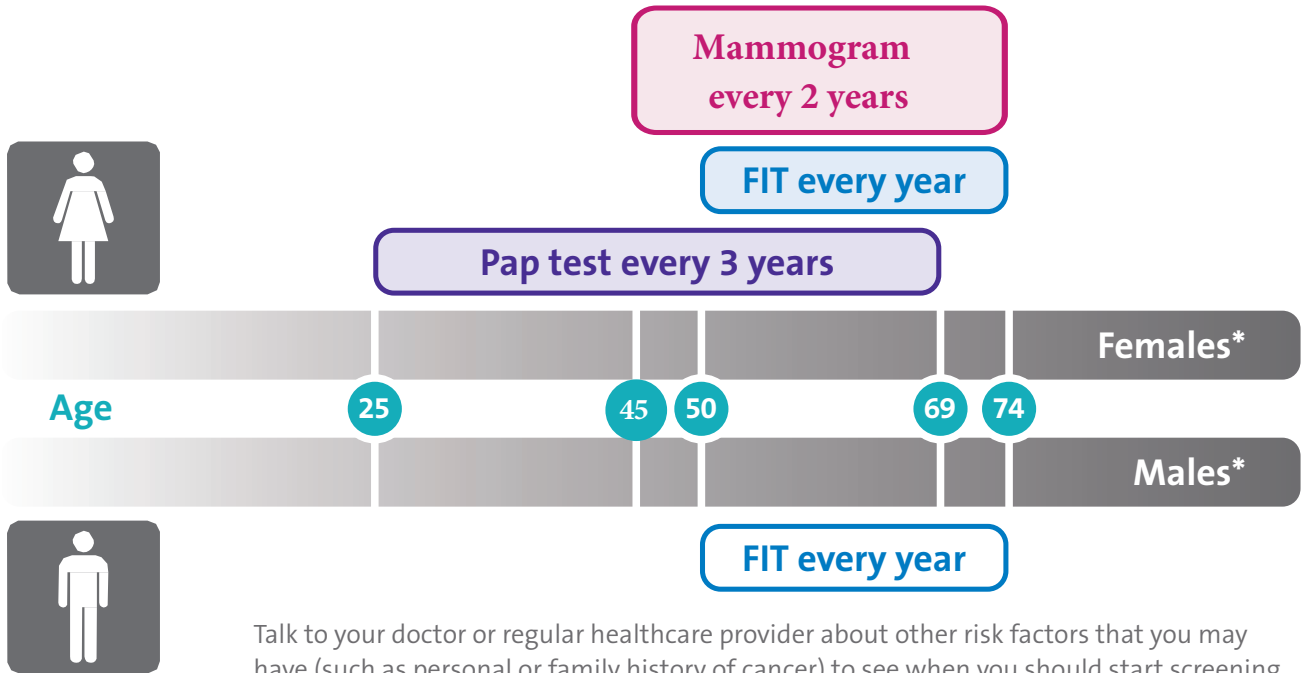Or as decided by you and your healthcare provider.

How is cancer screening done?

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

A **Pap test** collects a sample of cells from your cervix to check for changes.

A **Fecal Immunochemical Test (FIT)** is an easy at-home test that checks for blood in the stool (poop) that you can't see.

To learn more about cancer screening, visit **screeningforlife.ca** or **call us** toll-free at **1-866-727-3926** for more information.

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Mammogram every 2 years

FIT every year

Pap test every 3 years

Females*

Age   25   45   50   69   74

Males*

FIT every year

Talk to your doctor or regular 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 often.

*Meaning sex assigned at birth.

How can I get screened?

If you're between 45 and 74, you can book a **screening mammogram** without a referral. Your doctor or regular healthcare provider will give you information on where to go for your mammogram.

Your doctor or regular healthcare provider can do your **Pap test** in their clinic or refer you to a female doctor or women's health clinic.

1. Your doctor or regular healthcare provider will give you a form and provide information on where to pick-up your **FIT kit** or;

2. Order your **FIT kit** online by visiting **screeningforlife.ca** or by calling **1-866-727-3926**.

If you need a healthcare provider:
- Go to **albertafindadoctor.ca**
- Call Health Link at 811

Visit screeningforlife.ca for more information on where to get screened.

SCREENING FOR LIFE.CA