



Colon Screening

Colon Cancer Screening



About the Program

ColonCancerCheck is a program which encourages people to get checked and reduce their chances of dying from colon cancer. The ColonCancerCheck program checks two different groups of people: those at average risk and those at increased risk.

If you are between the ages 50 to 74 without a parent, brother, sister or child who has been diagnosed with colon cancer, you are at average risk.

If you have a parent, brother, sister or child who has been diagnosed with colon cancer, you are at increased risk.

Cancer Care Ontario sends letters to men and women who are between the ages 50 to 74.

You may receive an invitation letter when you are due for screening, a result letter, or a reminder letter when it is time to get checked again.

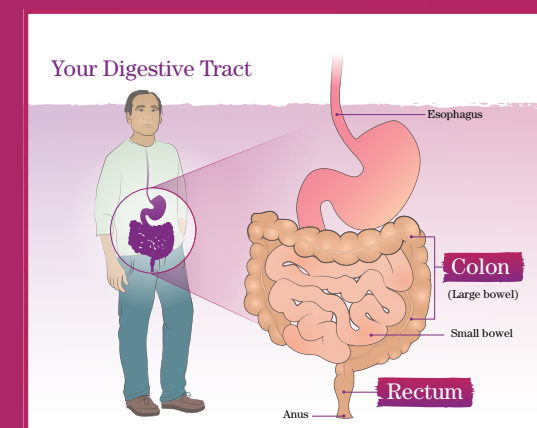
Screening People at Average Risk

If you are at average risk of getting colon cancer and have no symptoms, it is recommended that you get checked with the fecal immunochemical test (FIT) every two years.

Screening People at Increased Risk

If you are at increased risk of getting colon cancer and have no symptoms, it is recommended that you get checked with a colonoscopy, which is an exam in which a doctor looks at the lining of the entire colon using a long, flexible tube with a tiny camera on the end.

Your Digestive Tract - Intestine



How it Works

Food, water and nutrients pass from your mouth, through the esophagus, into your stomach and then into the small and large intestine. The large intestine is also known as the colon.

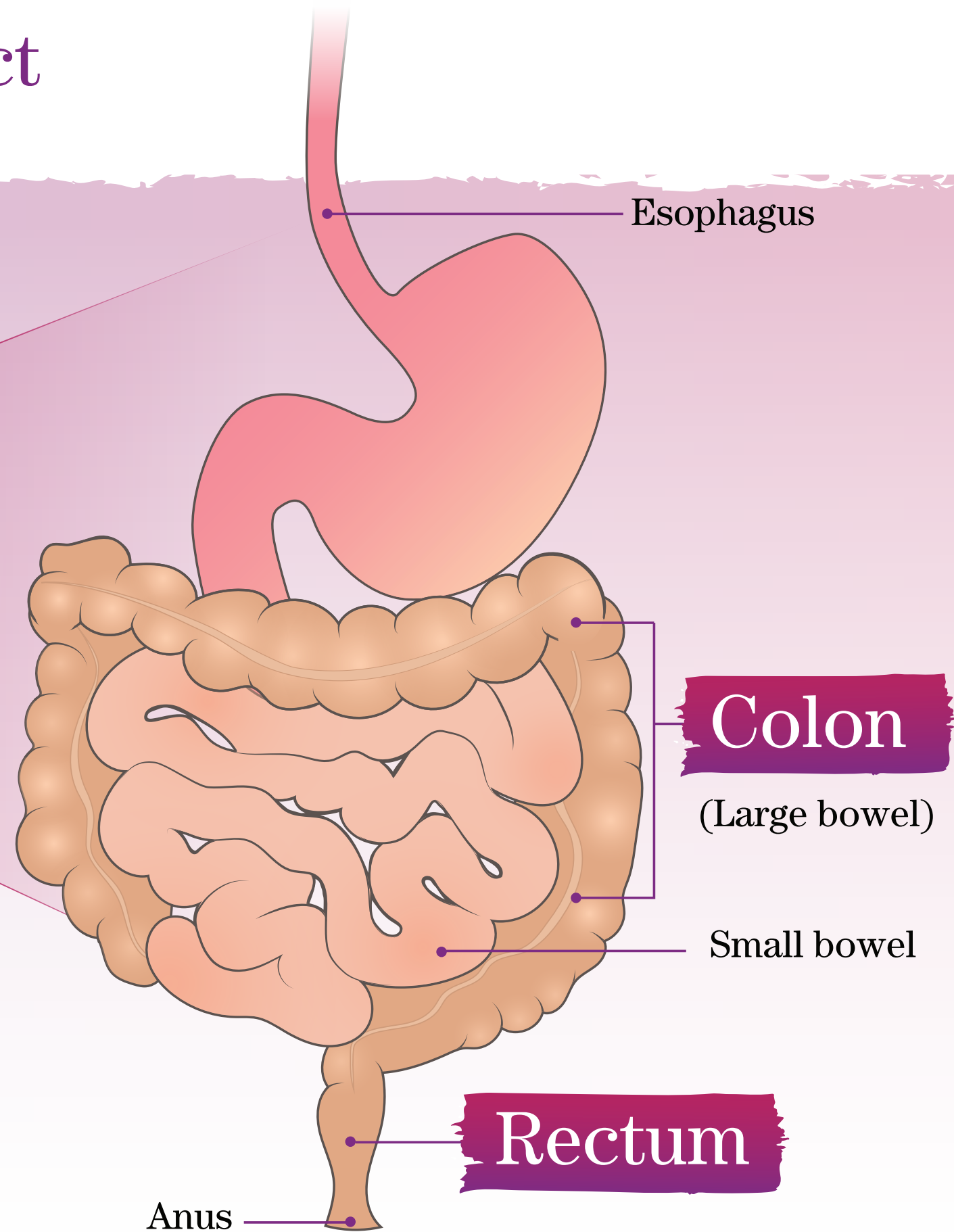
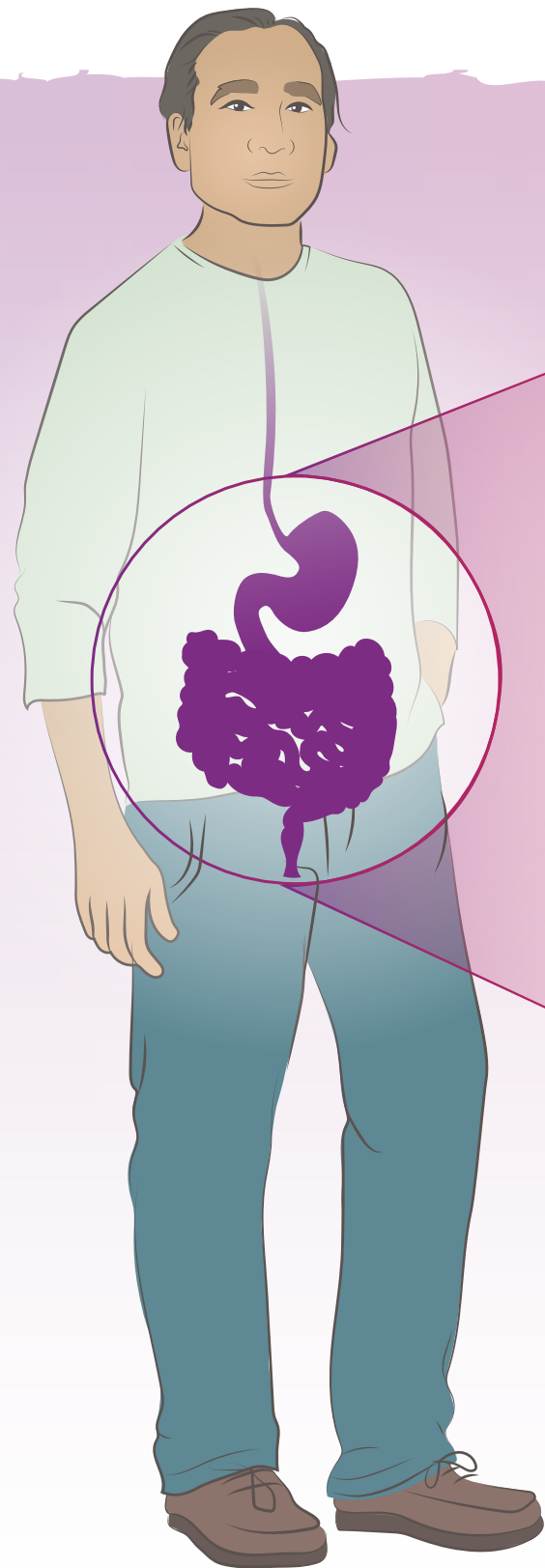
Waste passes out of the body through the colon.

Colon cancer is cancer of the large bowel (colon), which is the lower part of the digestive system. Rectal cancer is cancer of the last six inches of the colon. Together, they are called colorectal cancer (or bowel cancer).

If found early and treated there is a 90% chance it can be cured.



Your Digestive Tract



Esophagus

Colon

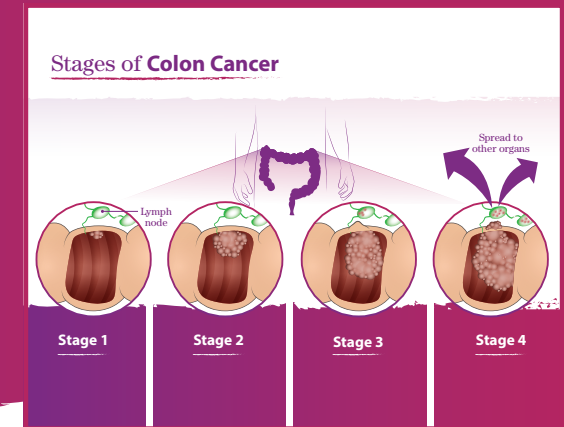
(Large bowel)

Small bowel

Rectum

Anus

Stages of Colon Cancer



Stages

There are 4 stages of colorectal cancer:

Stage 1

The cancer cells have spread beyond the innermost layer of the colon wall and possibly into the muscle layer of the colon.

Stage 2

Cancer cells have spread beyond the muscle layer of the colon, either to the outermost layer of the colon wall, or to tissues or organs located close to the bowel. However, the tumor has not spread to the nearby lymph nodes.

Stage 3

The cancer cells have spread beyond the innermost layer of the colon and into the nearby lymph nodes.

Stage 4

The cancer cells have spread to other remote parts of the body. Stage 4 cancer is the most advanced form of cancer and is often the most difficult to treat.

The picture on the next page shows different stages of colon cancer.

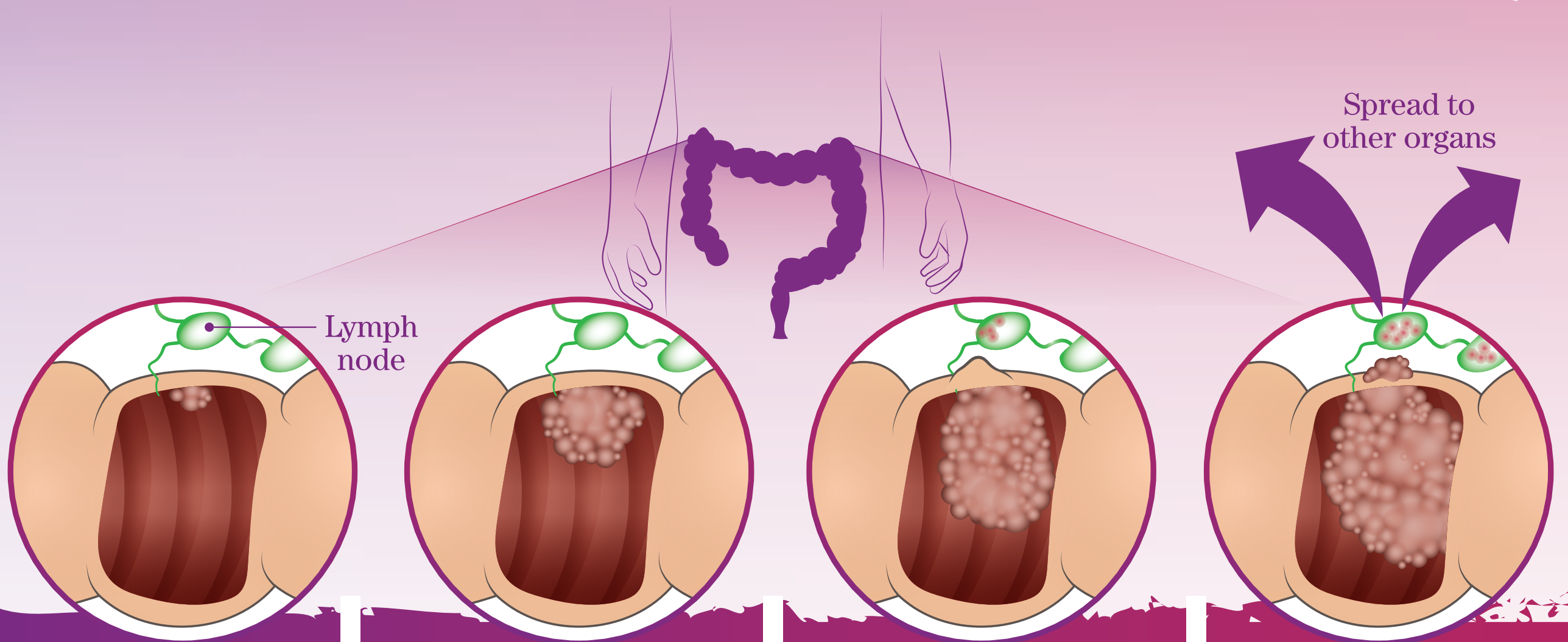
Colon cancer can grow slowly in the body for many years before it causes any symptoms.

The cancer can cause bleeding, which can cause anemia (a drop in your red blood cell count) due to low iron. As the cancer gets bigger, it may block the passage of stool (poop) which can cause bloating and cramps or constipation.

See your family doctor or nurse practitioner if you have symptoms.



Stages of Colon Cancer



Stage 1

Stage 2

Stage 3

Stage 4

Colon Cancer Awareness



Symptoms and Issues

Blood in stool

New and persistent:

- Constipation
 - Diarrhea
 - Stomach discomfort
-

Feeling that your bowel does not empty all the way

Unexplained weight loss

Anemia (drop in red blood cell count) that is caused by low iron



Colon Cancer Symptoms and Issues

Unexplained weight loss

Changes in bowel movement (constipation)

Changes in bowel movement (diarrhea)

Blood in stool

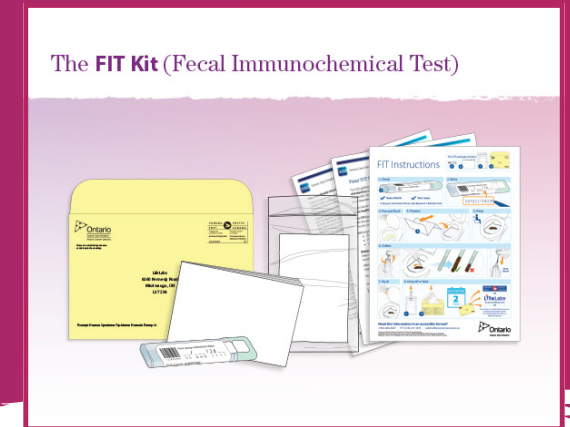
Stomache discomfort

Feeling that bowel doesn't empty all the way

Anemia (drop in red blood cell count)

or, you may not feel anything if you have colon cancer

What is the FIT Kit?



* Review the fecal immunochemical test kit and show how to use it.

What it is

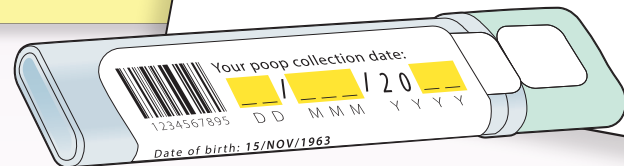
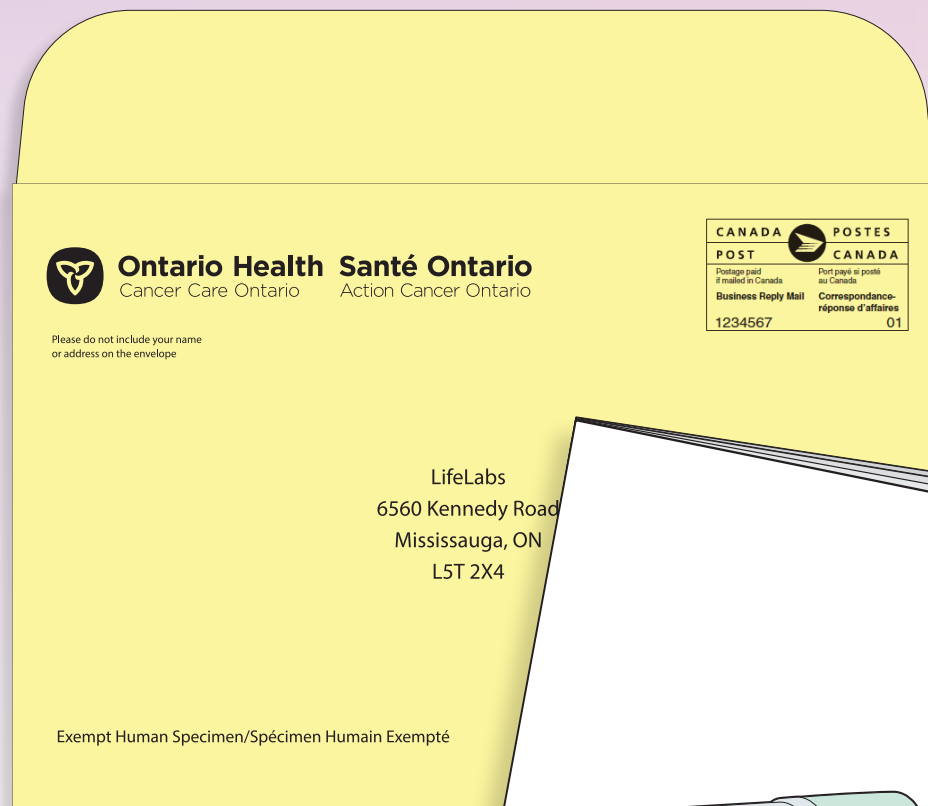
FIT checks someone's stool (poop) for tiny drops of blood which could be caused by colon cancer and/or pre-cancerous polyps (growths in the colon or rectum that can turn into cancer over time).

FIT is a safe and painless test that can be done at home and only takes a few minutes.



Eligible participants can order a FIT kit through their family doctor, nurse practitioner, Telehealth Ontario, mobile screening coach, health centre or nursing station.

The FIT Kit (Fecal Immunochemical Test)



FIT Instructions

This FIT package includes:

- 1. Check**

✓ Date of birth ✓ Your name
Is this your information? If not, call LifeLabs at 1-833-676-1426
- 2. Write**

Your poop collection date: 30/OCT/2024
Date of birth: 15/NOV/1963
- 3. Pee and Flush**
- 4. Prepare**
- 5. Poop**
- 6. Collect**
- 7. Flush**
- 8. Drop off or Mail**

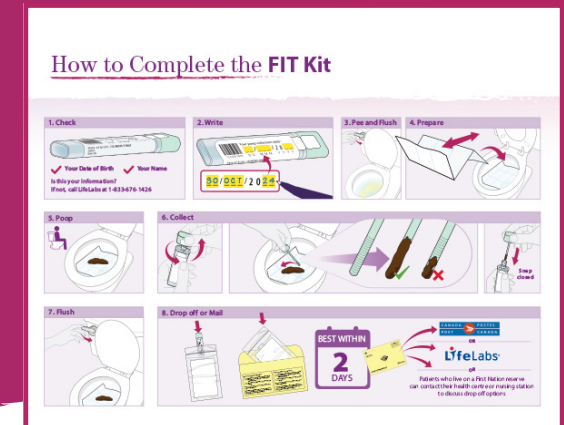
BEST WITHIN 2 DAYS
LifeLabs locations.lifelabs.com

Need this information in an accessible format?
1-877-280-8538 | TTY 1-800-855-0511 | info@ontariohealth.ca

Ontario Health Cancer Care Ontario

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Adapted by Cancer Care Ontario with permission from KAUFER PERMANENTE CENTER FOR HEALTH RESEARCH
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How to Complete the FIT Kit



*Review the steps on how to complete the fecal immunochemical test (FIT Kit) using the instruction sheet and refer to the pictures on the next page.

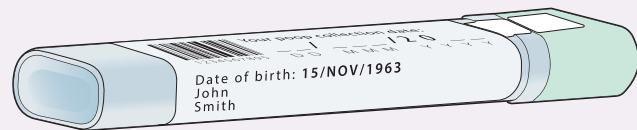
There are no medication or dietary restrictions, including no restrictions on vitamin C.

When completing a FIT Kit, one stool (poop) sample must be collected and mailed or dropped off as soon as possible – ideally within two days – to ensure it arrives within 14 days of specimen collection.

Patients who live on a First Nation reserve can contact their health centre or nursing station to discuss drop-off options.

How to Complete the FIT Kit

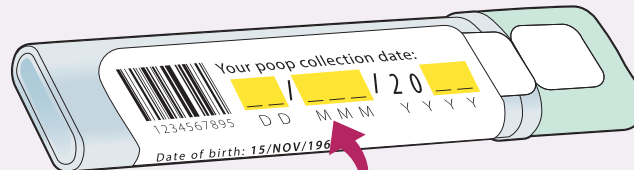
1. Check



✓ Your Date of Birth ✓ Your Name

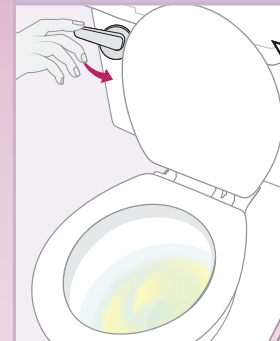
Is this your information?
If not, call LifeLabs at 1-833-676-1426

2. Write

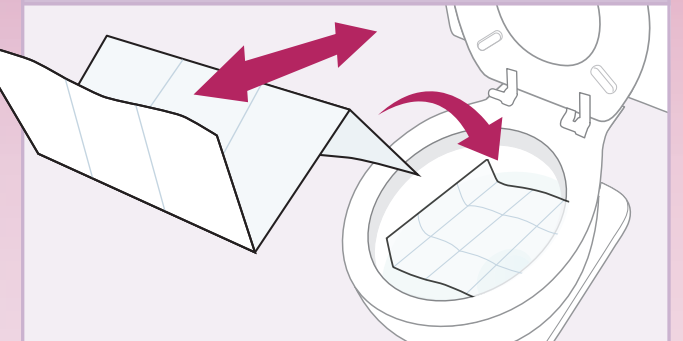


30 / OCT / 2024

3. Pee and Flush



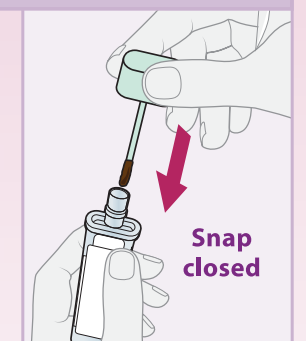
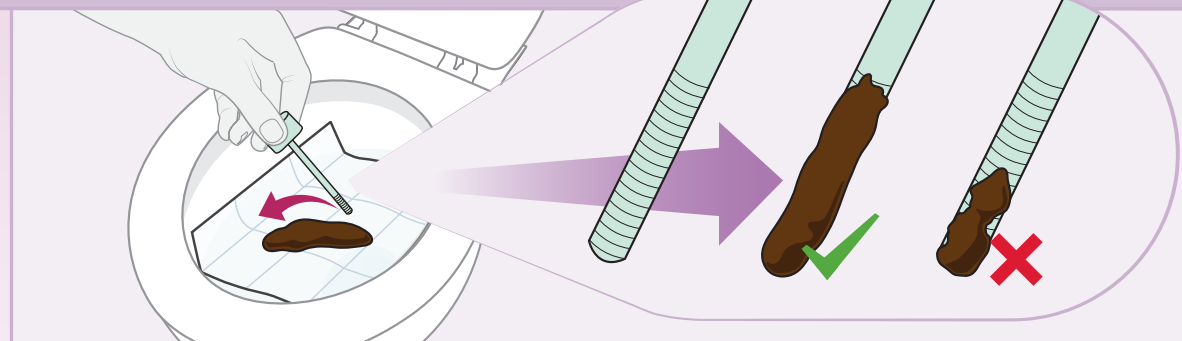
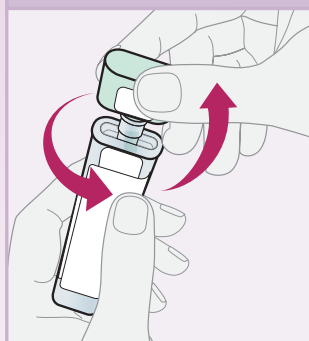
4. Prepare



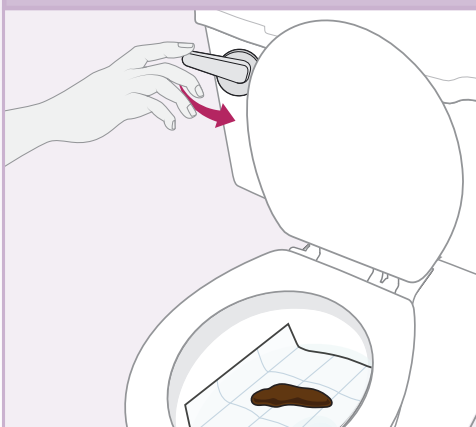
5. Poop



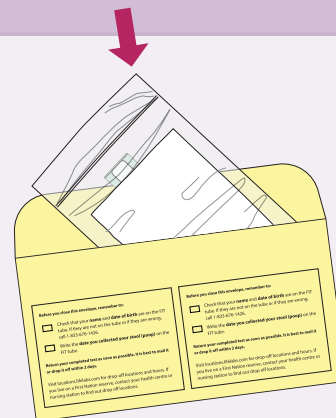
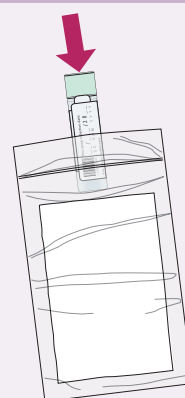
6. Collect



7. Flush



8. Drop off or Mail



BEST WITHIN
2
DAYS



CANADA POST / POSTES CANADA

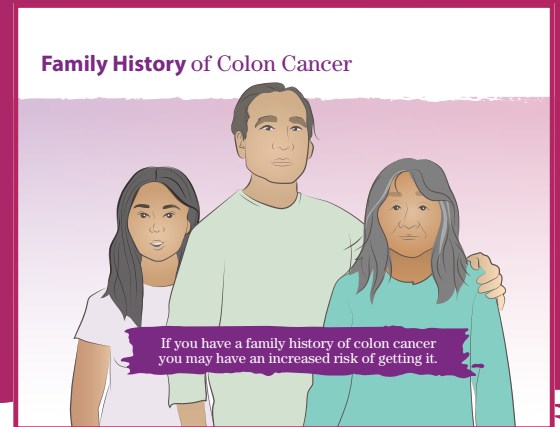
OR

LifeLabs®

OR

Patients who live on a First Nation reserve can contact their health centre or nursing station to discuss drop off options

Family History of Colon Cancer



What is Family History?

Family history is when a parent, brother, sister, or child has been diagnosed with cancer.



When you have a family history of cancer you are at increased risk of developing colon cancer.

People who have no symptoms and are at increased risk of getting colon cancer should get screened with a colonoscopy.

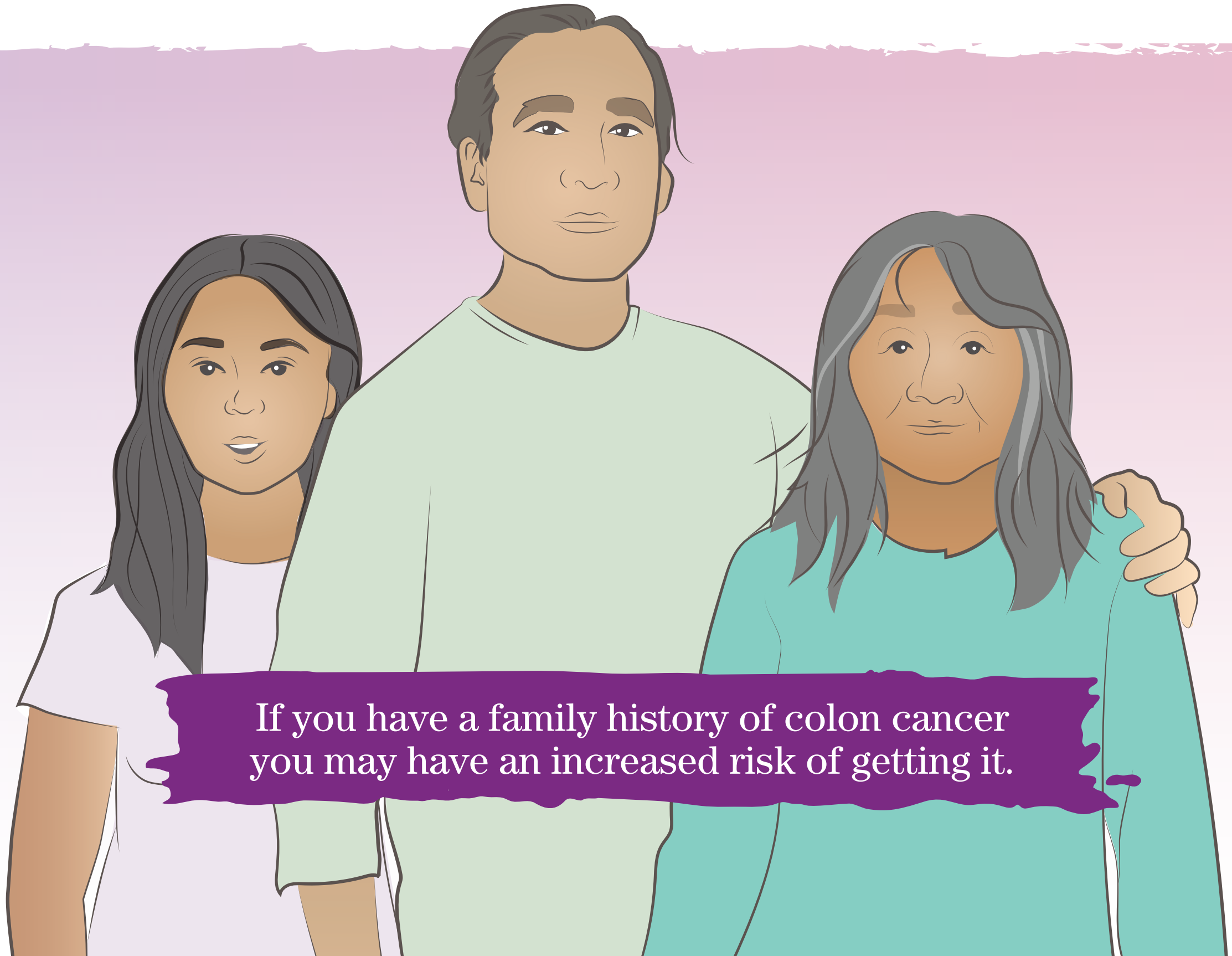
Someone at increased risk should start screening at age 50, or 10 years before the age their relative was diagnosed with colon cancer, whichever comes first.

If your mother was diagnosed with colorectal cancer at age 54, you should start screening for colon cancer at age 44.

However, if your mother was diagnosed at age 70, you still start screening at age 50, not age 60.

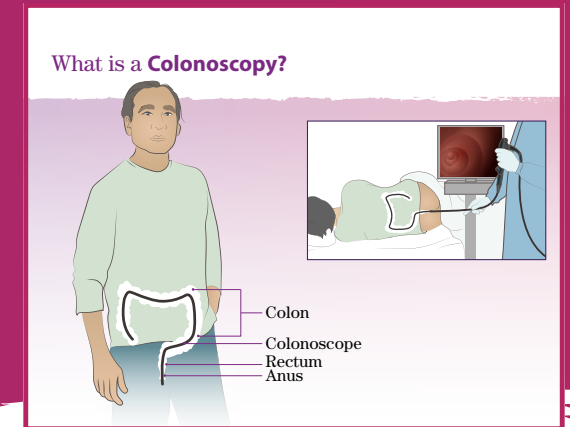


Family History of Colon Cancer



If you have a family history of colon cancer you may have an increased risk of getting it.

What is a Colonoscopy?



A colonoscopy is an exam in which a doctor looks at the lining of the entire colon using a long, flexible tube with a tiny camera on the end.

Individuals at increased risk and individuals who have an abnormal FIT result should get a colonoscopy to check for colon cancer.

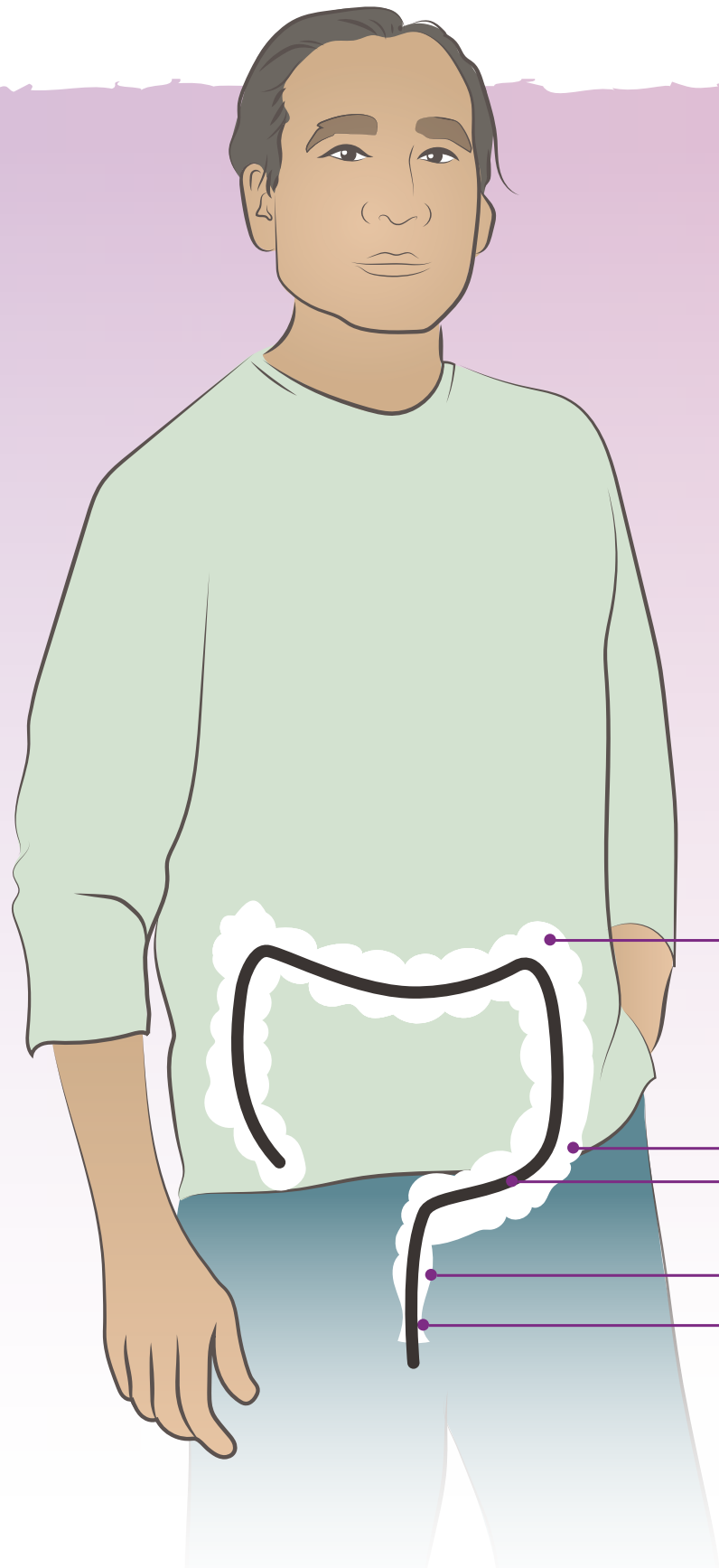
An abnormal FIT result does not necessarily mean that you have colon cancer but it does mean that additional testing is needed. You should have a colonoscopy within eight weeks of an abnormal FIT result.

Before your Colonoscopy

You must prepare for the procedure the day before by drinking a laxative preparation (bowel preparation). This will ensure your colon is completely empty and clean so everything can be seen during the procedure and nothing gets missed.

Before your colonoscopy, you will receive instructions about what laxative to take, any medications you should stop taking, and what you can eat and drink.

What is a Colonoscopy?

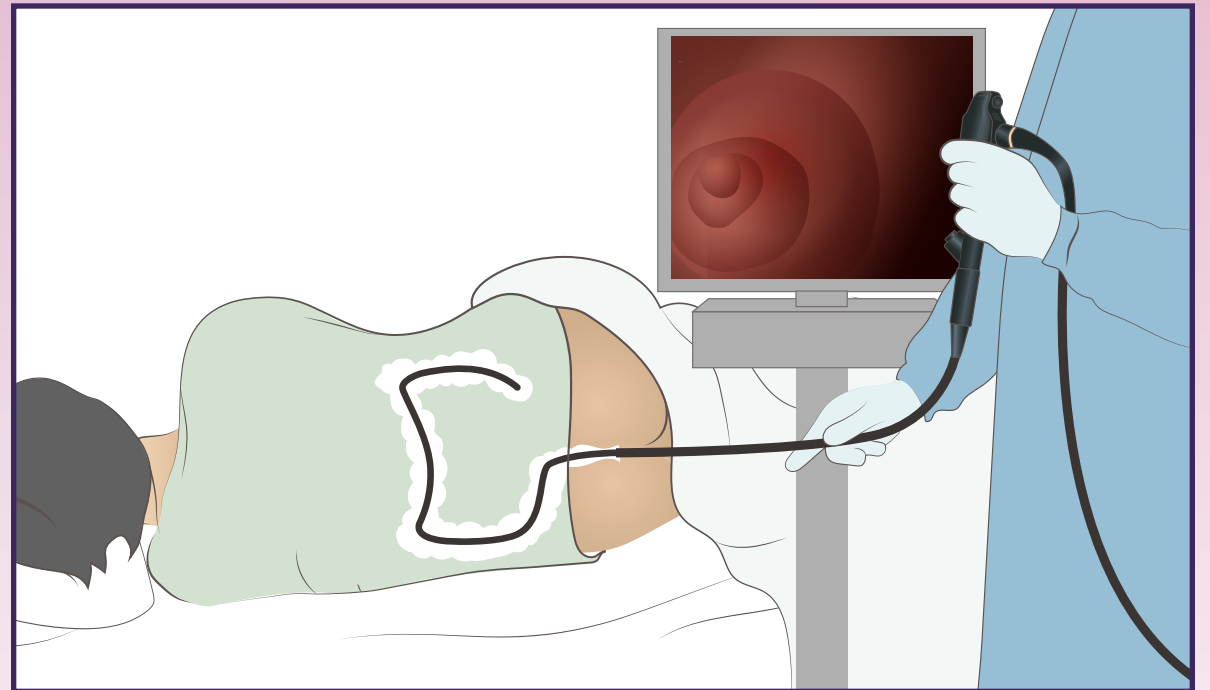


Colon

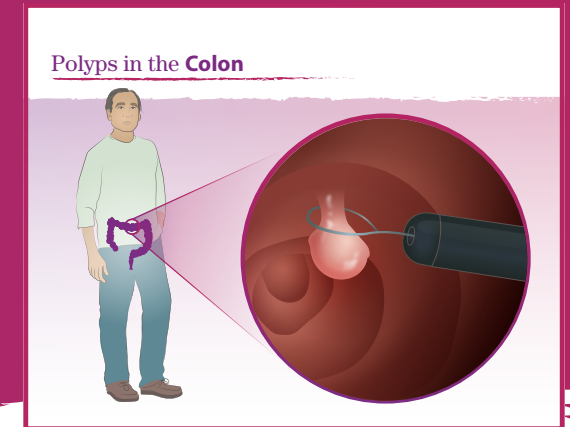
Colonoscope

Rectum

Anus



Polyps in the Colon



During your Colonoscopy

A colonoscopy is safe and it usually takes less than thirty minutes. You can get medication to make you feel comfortable during the colonoscopy.

During the colonoscopy, the doctor can also take biopsies (samples of tissues) and remove polyps (small growths that form inside the colon or rectum). You will not feel any pain when the polyps are removed.

Any tissue (biopsy or polyp) that is removed is sent to the lab where it is tested for cancer cells.



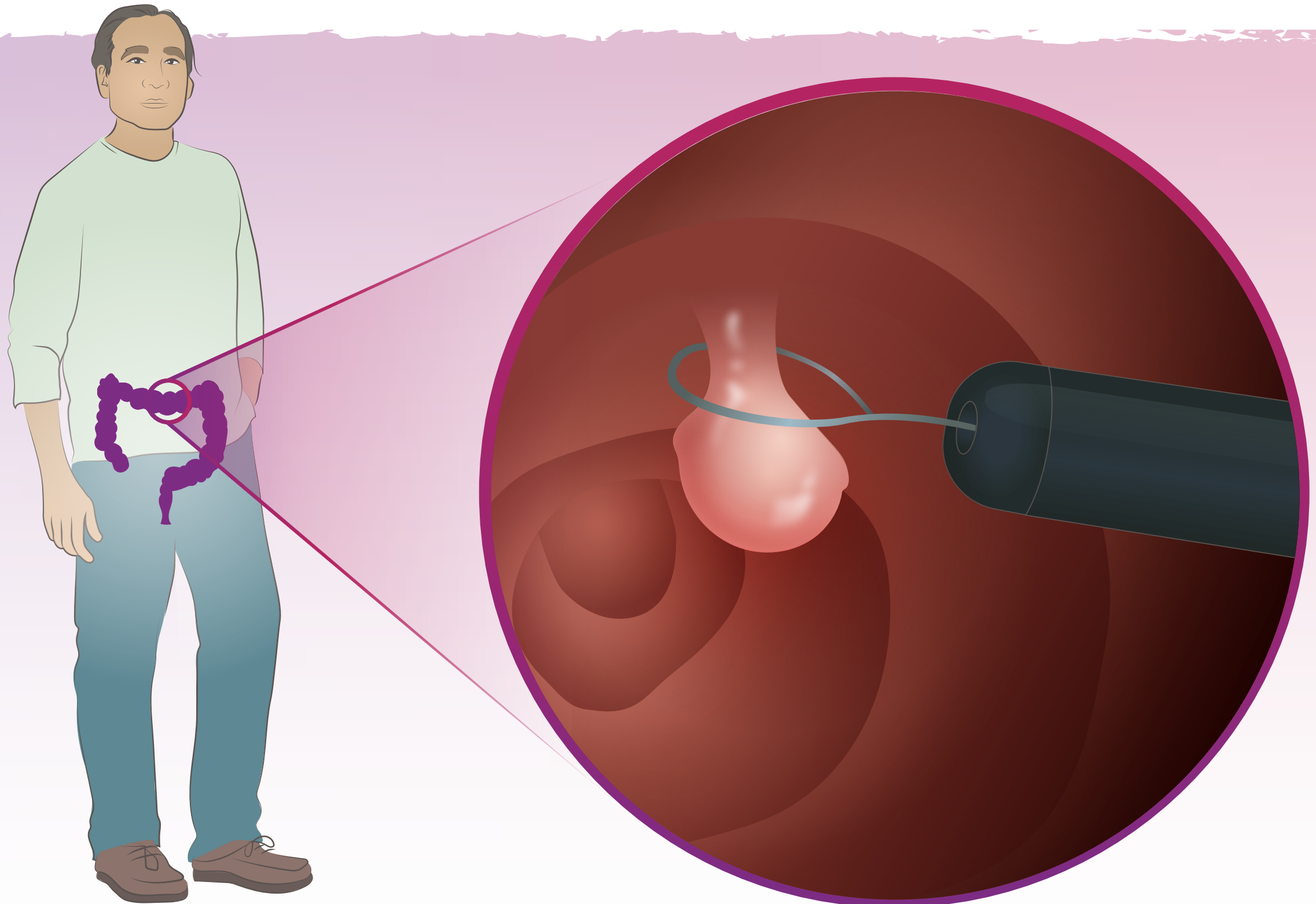
After your Colonoscopy

The doctor doing the colonoscopy will give you your test results and tell you about next steps, including the need for more tests and/or treatment.

If you have had polyps removed, you may need a colonoscopy again in the future, depending on the size, and type of polyps found during your first colonoscopy.

Almost all polyps removed are not cancerous.

Polyps in the Colon



Cancer Treatment



Exact treatment plans vary from patient to patient. Some may undergo one type of treatment, others a combination. Some might be placed in clinical drug trials. The treatment plan is determined by your type and stage of cancer, and also by the treatments and services you and your healthcare team choose together.



Cancer Treatment



Cancer Treatments



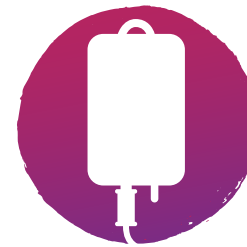
Treatment Plans

Once a diagnosis is made, and cancer is confirmed, the next step is treatment. There are 3 main ways to treat cancer:

- Surgery
- Cancer drugs (chemotherapy)
- Radiation

Other treatments may also be considered, such as biological and hormonal therapies.

Types of Treatments



- Chemotherapy
- Biological Therapy
- Focal Tumour Ablation
- Hormonal Therapy



- Kyphoplasty & Vertebroplasty
- Palliative Care
- Psychosocial Interventions



- Radiation
- Stem Cell Transplant
- Surgery

Cancer Treatments



Surgery

Cancer surgery and surgeons play a key role in many areas of cancer care. In Ontario, over 80 hospitals provide some type of cancer surgery services.



Cancer Drugs (Chemotherapy)

Chemotherapy is one of the main methods of treating cancer. You may receive chemotherapy as your only form of treatment, or it may be combined with surgery and radiation.



Radiation

Radiation treatment is one of the main methods of treating cancer. You may receive radiation as your only form of treatment, or it may be combined with surgery and chemotherapy.