ᑕᒃᑲᓐᓱᖃᒃᑐᖃᖅᒪᖕᒑᑦ ᖃᐅᔨᓴᖃᓯᓂᖅ ᐃᒃᑯᕈᑕᐅᓇᓱᐊᖅᒪᑦ ᐃᓅᖅᑯᑦᓗᑎᑦ ᐃᓅᓯᖃᑦᑎᐊᖅᓗᑎᑦ

ᑲᓐᓱᖃᒃᑐᖃᖅᒪᖕᒑᑦ ᖃᐅᔨᓴᖃᓯᓂᖅ ᖃᐅᔨᓴᖃᓯᔾᔪᑕᐅᓲᖕᒍᖕᒪᑦ ᑕᐃᒃᑯᓂᖕᒐ ᖃᐅᔨᓇᕈᑎᖃᖏᑦᑐᓂᒃ ᐃᒃᐱᒋᔭᒥᒍᑦᓗ ᖃᓄᐃᖕᒋᑦᑎᐊᖅᑑᔭᖅᓗᑎᒃ, ᑭᓯᐊᓂ ᖁᒃᓴᓇᖅᑐᒥᑑᐃᓐᓇᕆᐊᖃᖅᒪᑕ ᑲᓐᓱᑖᖅᓯᒪᑐᐃᓐᓇᕆᐊᖃᖅᓗᑎᒃ. ᓈᒻᒪᒃᓯᑐᐊᖅᖕᒐᑦ ᖃᐅᔨᓴᖅᑕᐅᖃᑦᑕᖅᓂᖅ ᐱᒻᒪᕆᐊᓗᖕᒪᑦ ᐱᔾᔪᑎᒋᑦᓗᒍ ᓇᓂᓯᔪᖃᕈᓐᓇᖕᒪᑦ ᐃᓚᖕᒐᓂᑦ ᑲᓐᓱᐃᑦ ᐅᕝᕙᓗᓂᑦ ᑲᓐᓱᕈᓐᓂᐊᖅᑐᒥᑦ ᖃᐅᔨᓴᕋᐃᔾᔪᑕᐅᓗᓂ ᐃᓈᓕᓴᖅᑕᐅᓂᖅ ᐊᖅᓯᔾᔪᑕᐅᔪᓐᓇᕐᓂᖅᓴᐅᑐᐃᓐᓇᕆᐊᖃᑦᑎᑦᓗᒍ.

ᐱᖓᓱᖕᒪᑕ ᐃᖃᓇᐃᔭᕐᕕᕐᑯᑎᑦ ᑲᓐᓱᖃᒃᑐᖃᒻᒪᖕᒑᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑏᑦ ᐱᔭᐅᒃᓴᐅᑎᑕᐅᑦᓗᑎᒃ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᓄᑦ ᑕᐃᒃᑯᓄᖕᒐ ᐋᓐᑎᐅᕆᔪᒥᑦᑐᓄᑦ.

ᐃᕕᐊᖕᒋᒃᑯᑦ

ᐃᓗᒻᒧᑦ ᕿᒥᕐᕈᐊᕈᑎᒧ

ᑕᐃᒃᑯᐊ* 50–ᓂᒃ ᑎᑭᓪᓗᒋᑦ 74–ᓂᒃ ᐊᕐᕌᒍᓕᑦ ᐅᑭᐅᖃᓪᓗᑎᒃ ᐱᓕᕆᐊᖑᔪᓐᓇᖅᑎᑕᐅᔪᓄᑦ

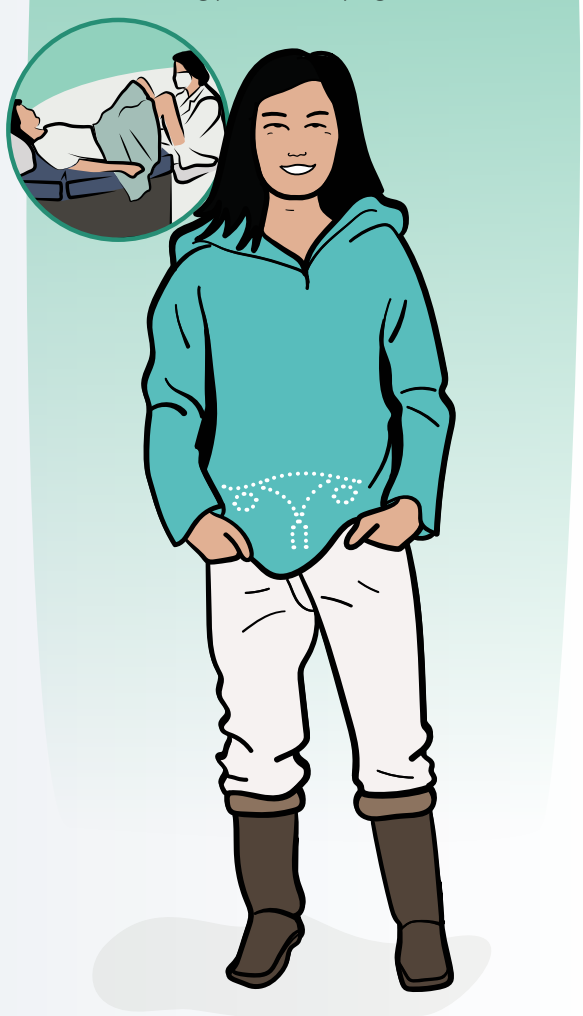
ᓈᑐᐊᕋᖓᑎᒃ 2 ᐊᕐᕌᒍᒃ ᐃᓗᓐᓇᒃᓴᖕᒋᓐᓄᑦ

ᑕᐃᒪᓕ ᐃᓱᒪᒍᕕᑦ ᖁᕝᕙᓯᒃᑐᒥᑦ ᖁᒃᓴᓇᖅᑐᒦᑦᑐᕆᒍᕕᑦ ᐃᕕᐊᖕᒋᒃᑯᑦ ᑲᓐᓱᖃᑐᐃᓐᓇᕆᐊᖃᒃᑐᕆᓗᑎᑦ ᐊᒻᒪᓗ ᐃᒫᖕᒍᒍᕕᑦ 30 ᑎᑭᓪᓗᒋᑦ 69 ᐊᕐᕌᒍᓂᒃ ᐅᑭᐅᖃᓪᓗᑎᑦ, ᐅᖃᖃᑎᖃᒃᑲᓚᐅᕆᑦ ᓗᒃᑖᒥᒃ ᐅᕝᕙᓗᓐᓂᑦ ᐋᓐᓂᐊᓱᖅᑎᒥᒃ ᐊᓐᓂᐊᕕᑦᓱᓐᓂ. ᐊᐅᓪᓚᖅᑎᑕᐅᑐᐃᓐᓇᕆᐊᖃᒃᑐᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᑎᑕᐅᔭᖅᑐᕐᓗᑎᑦ ᑐᙵᕕᒋᓗᒋᑦ ᐃᓚᕕᑦ ᖃᓄᐃᖃᑦᑕᖅᓯᒪᓂᖕᒋᑦ ᐊᒻᒪᓗ ᐋᓐᓂᐊᓱᖅᑎᒋᒃ ᐊᓐᓂᐊᕕᑦᓱᓐᓂ. ᐊᐅᓪᓚᖅᑎᑕᐅᑐᐃᓐᓇᕆᐊᖃᒃᑐᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᑎᑕᐅᔭᖅᑐᕐᓗᑎᑦ ᑐᙵᕕᒋᓗᒋᑦ ᐃᓚᕕᑦ ᖃᓄᐃᖃᑦᑕᖅᓯᒪᓂᖕᒋᑦ.

*ᐃᕕᐊᖕᒋᒃᑯᑦ ᑲᓐᓱᖃᓐᓂᕐᒧᑦ ᖃᐅᔨᓴᖅᑕᐅᔾᔪᑎ ᐊᑐᖅᑕᐅᖃᑦᑕᕐᑯᔭᐅᕗᖅ ᐊᕐᓇᓄᑦ, ᐊᕐᓇᑎᑑᖕᒐᖅᑐᓄᑦ ᐊᖑᑎᓄᑦ ᓇᓪᓕᐊᖑᓂᖕᒋᓐᓂ ᐊᔾᔨᒌᔪᓐᓂᖅᓯᒪᔭᖕᒋᓂ ᑕᐃᒃᑯᐊ ᐅᑭᐅᓕᑦ 50–ᓂᑦ ᑎᑭᓪᓗᒋᑦ 74–ᓂᑦ ᑕᐃᒃᑯᐊᓗ ᐱᔪᓐᓇᖅᑎᑕᐅᓗᑎᒃ ᖃᐅᔨᓴᖅᑕᐅᔪᓐᓇᖅᑎᑕᐅᔪᑦ ᑖᒃᑯᑎᒍᓇ ᐊᓐᑎᐅᕆᔪ ᐃᕕᐊᖕᒋᓂᒃ ᖃᐅᔨᓴᖅᑕᐅᑎᑦᑎᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑎᒃᑯᑦ (OBSP).

ᐃᓚᓕᐊᑉ ᖁᕝᕙᒃᑲᖕᒐ

ᐃᓚᓕᐊᑉ ᖁᕝᕙᒃᑲᖕᒐᓄᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖅ



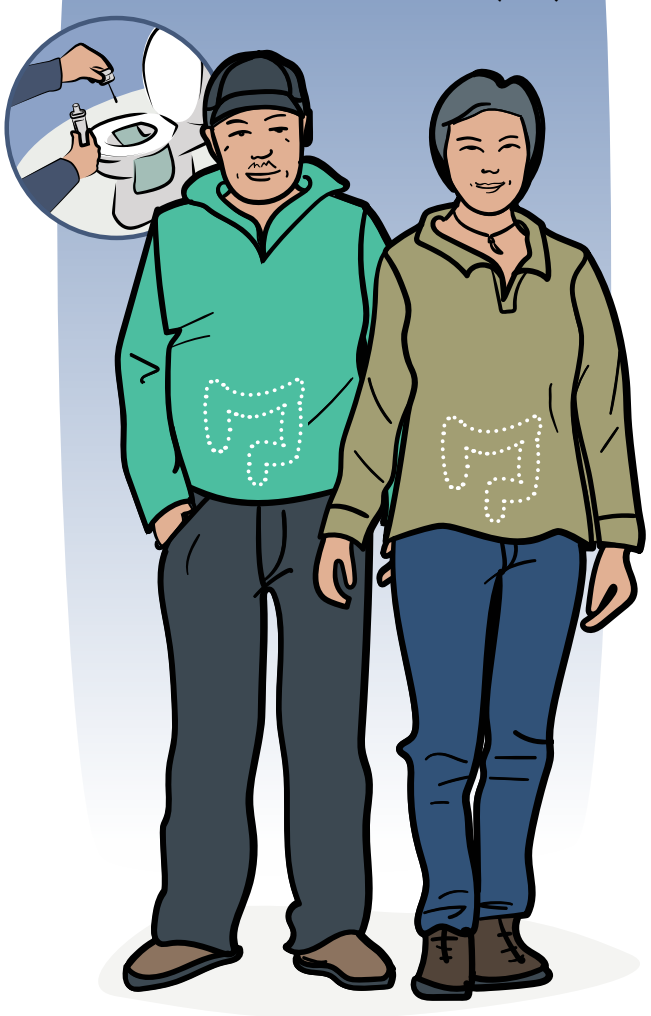
ᑕᐃᒃᑯᐊ† 21†† ᑎᑭᓪᓗᒋᑦ 70–ᓂᑦ ᐊᕐᕌᒍᓕᑦ ᐅᑭᐅᖃᓪᓗᑎᒃ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᑦ

†ᐃᓚᓕᐊᑉ ᖁᕝᕙᒃᑲᖕᒐ ᖃᐅᔨᓴᖅᑕᐅᖁᔭᐅᕗᑦ ᑕᐃᒃᑯᐊ ᐃᓚᓕᐊᑉ ᖁᕝᕙᒃᑲᖕᒐᒍᑦ (ᐃᓚᒋᔭᐅᓪᓗᑎᒃ ᐊᕐᓇᐃᑦ, ᐊᕐᓇᑎᑑᖕᒐᖅᑐᑦ ᐊᖑᑎᑦ ᓇᓪᓕᐊᖑᓂᖕᒋᑦ ᐊᔾᔨᒌᔪᓐᓂᖅᓯᒪᔭᖕᒋᑦ ᐃᓄᐃᑦ) ᑕᐃᒃᑯᐊ ᑯᔭᖃᑎᖃᒃᑲᑦᑕᖅᓯᒪᔪᑦ ᖃᓄᐃᑦᑐᐃᓐᓇᕐᓂᒃ ᐊᓯᒥᓐᓂᒃ ᐃᓅᖃᑎᒥᓐᓂᒃ.

††ᑕᐃᒪᓕ ᑐᖓᓂᒃᑯᕕᑦ 25, ᐅᖃᖃᑎᖃᒃᑲᓚᐅᕆᑦ ᐱᒪᕆᐅᓂᖅᐸᖅ ᖃᐅᔨᓴᖅᓯᔾᔨᒋᖃᑦᑕᖅᑕᐅᓂᑦ ᒪᑯᓂᖕᒐ ᐅᑕᖅᑭᔭᕆᐊᖃᒪᖕᒐᖅᐱᑦ ᑎᑭᐅᑎᓇᓱᐊᖅᓂᕐᓄᑦ ᐅᑭᐅᖃᑦᑕᓐᓂᕐᒧᑦ 25–ᓂᒃ ᐱᓕᕆᐊᖑᒋᐊᓚᐅᖕᒋᓐᓂᕐᓂ ᐃᓚᓕᐊᑉ ᖁᕝᕙᒃᑲᖕᒐ ᖃᐅᔨᓴᖅᑕᐅᔭᕆᐊᖃᒪᖕᒐᑦ ᐃᓚᓕᐊᑉ ᖁᕝᕙᒃᑲᖕᒐᓄᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ.

ᐊᓇᕈᒃᑎᑦᑎᕙᓪᓕᐊᔾᔪᑎ

ᖃᐅᔨᓴᖅᓯᔾᔪᑏ ᑲᓐᓱᑕᖃᖕᒋᒃᑲᕈᐊᒻᒪᖕᒐᑦ (FIT)



ᑭᒃᑯᑐᐃᓐᓇᐃᑦ 50 ᑎᑭᓪᓗᒋᑦ 74 ᐊᕐᕌᒍᓂᑦ ᐅᑭᐅᖃᕈᕕᑦ ᑕᒪᒃᑯᐊᓗ ᐱᔪᓐᓇᖅᑎᑕᐅᓪᓗᑎᒃ

ᑕᐃᒪᓕ ᐊᖓᔪᖅᑳᖃᕈᕕᑦ, ᖃᑕᙳᑎᖃᕈᕕᑦ, ᓇᔭᖃᕈᕕᑦ ᐅᕝᕙᓗᓂᑦ ᕿᑐᙵᖓᖃᕈᕕᑦ ᓇᓪᓕᐊᒃᓗ ᖃᐅᔨᔭᐅᔪᒥᓂᐅᒃᐸᑦ ᐊᓇᕈᒃᑎᑦᑎᕕᖕᒐᒍᑦ ᑲᓐᓱᖃᓐᓂᖕᒐᓂᑦ, ᐊᑏ ᐅᖃᖃᕕᒋᓚᐅᕈᒃ ᐱᒪᕆᐅᓂᖅᐸᖅ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑎᓄᑦ.

ᓈᑐᐊᕋᖓᑎᒃ 2 ᐊᕐᕌᒍᒃ ᐃᓗᓐᓇᒃᓴᖕᒋᓐᓄᑦ

ᖃᐅᔨᓴᖅᓯᔾᔪᑏᑦ ᐱᓕᕆᐊᖑᔪᓐᓇᖅᑐᑦ ᐊᖕᒋᕋᒥ.

ᖃᐅᔨᓴᖅᑕᐅᓃᑦ ᖃᐅᔨᓴᖅᑕᐅᓗᓂ ᐊᑭᖃᖕᒋᑦᑐᑦ ᐱᔪᓐᓇᖅᑎᑕᐅᔪᓄᑦ ᑕᐃᒃᑯᓄᖕᒐ ᐋᓐᑎᐅᕆᔪᒥᑦᑐᓄᑦ. ᐊᑐᓚᕆᒃᑲᓗᐊᕐᒪᖕᒐᑦ ᐋᓐᑎᐅᕆᔪᒥ ᐋᓐᓂᐊᖃᖕᒋᓐᓂᒻᒧᑦ ᓇᓪᓕᐅᑯᒫᕈᑎᑦ ᐸᕐᓇᓯᒪᔾᔪᑎ (OHIP) ᐱᓯᒪᔭᖓᖅ ᐊᖑᒻᒪᑎᖓᓗᐊᕐᒪᖕᒐᑦ ᐅᓪᓗᖓᓄᑦ.

ᑎᑎᖃᐅᓯᐊᑐᐃᓐᓇᕆᐊᖃᒃᑐᑎᑦ ᐅᑯᓇᖕᒐᖅᑐᒥᑦ ᐊᓓᑎᐅᕆᔪ ᐋᓐᓂᐊᖃᓐᓇᖕᒋᑦᑐᓕᕆᔨᒃᑯᖕᒋᓐᓂᑦ (ᑲᓐᓱᒥᒃ ᐃᒃᐱᒍᓱᑦᑎᐊᓐᓂᕐᒧᑦ ᐋᓐᑎᐅᕆᔪᒥ) ᐃᓕᓐᓂᑦ ᖃᐅᔨᓴᖅᑕᐅᖁᔨᓗᑎᒃ ᑲᓐᓱᖃᖕᒋᒃᑲᕈᐊᒻᒪᖕᒐᖅᐱᑦ. ᑕᒪᒃᑯᐊ ᑎᑎᖃᐃᑦ ᐃᓚᒋᔭᐅᒻᒪᑕ ᐋᓐᑎᐅᕆᔪᒥ ᑲᓐᓱᖃᖕᒋᒃᑲᕈᐊᒻᒪᖕᒐᖅᐱᑦ ᖃᐅᔨᓴᖅᓯᓂᕐᒧᑦ ᐱᓕᕆᔾᔪᑎᓄᑦ.

ᐊᑏ ᐅᖃᖃᕈᕕᑦ ᐱᒪᕆᐅᓂᖅᐸᖅ ᖃᐅᔨᓴᖅᓯᔾᔪᕈᕕᑦᑕᐃᑦ ᖃᐅᔨᒃᑲᓐᓂᖅᑯᓪᓗᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᔪᑎᕆᔪᓐᓇᖅᑕᕐᓄᑦ ᓇᓖᕐᖃᕈᒃᓴᐅᔪᓂᒃ. ᑕᐃᒪᓕ ᐱᒪᕆᐅᓂᖅᐸᒥᑦ ᖃᐅᔨᓴᖅᓯᔾᔨᖃᖕᒋᒃᕈᕕᑦ ᑕᑯᒋᐊᓚᐅᕈᒃ:

iphcc.ca/home/iphcc_members/ ᐊᒻᒪᓗ afhto.ca/find-team-near-you

ᑐᓴᕆᐊᒃᑲᓐᓂᕈᒪᕕᑦ ᑲᓐᓱᑉ ᒥᒃᓴᓄᑦ ᖃᐅᔨᓴᖅᑕᐅᔾᔪᑎᓂᒃ ᑕᑯᒋᐊᓚᐅᕈᒃ:

cancercareontario.ca/getchecked

ᐱᔭᐅᔭᕆᐊᖃᒃᐱᐅᒃ ᑖᓐᓇ ᑐᓴᐅᒪᔾᔪᑎᒃᓴᖅ ᖃᐅᔨᓇᓱᐊᕋᒃᓴᐅᓗᓃ ᐋᖅᑭᒃᓱᖅᓯᒪᓂᖕᒐᑦ?

1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca

Ontario Health
Cancer Care Ontario