

SHOULD I GET SCREENED

SCREENING CRITERIA

- Between **50 and 74 years old**
- **No personal history** of colorectal cancer, polyps or inflammatory bowel disease
- **If you have a family history** of colorectal cancer or polyps, you can **start screening at age 40.**

Each year, about 6800 persons are diagnosed with colorectal cancer in Quebec and around 2550 people die from colorectal cancer each year.



"Taking care of your health means taking care of your community."

"Angweiasultinej, na tujiw gisi angot'esnu Innue'gati."



"Today and every day, I walk with the strength of my ancestors — to support the fighters, honor the survivors, remember the spirits of those who journeyed on, and I carry hope."

Meet part of the dedicated Mawlugutinej Cancer Screening Team — always here for you.



Catherine Leblanc, RN

Tanya Webster Project Manager

Jennifer Caplin, RN

Melissa Lavoie, LPN



Mawlugutinej

Early Detection Cancer Screening

CONTACT US AT

LISTUGUJ
COMMUNITY
HEALTH SERVICES
418-788-2155
6 PACIFIC DRIVE
LISTUGUJ QUEBEC



COLORECTAL HEALTH



TAKE CONTROL OF YOUR HEALTH

WITH
EARLY DETECTION
COLORECTAL SCREENING

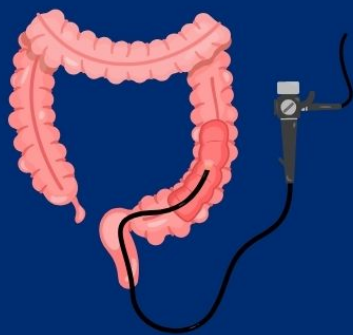
WHAT IS COLORECTAL SCREENING?

Colorectal screening is a simple test used to check for early signs of colorectal cancer, often before you have any symptoms.

Colorectal cancer starts in the colon or rectum, parts of the large intestine.

It often begins as small polyps, which can slowly turn into cancer over time.

Since it may develop without symptoms, screening tests like the FIT test are key to finding it early when it's easiest to treat.



KNOWLEDGE IS POWER

Healthy lifestyle choices like eating more fruits and vegetables, staying active, and avoiding smoking **can lower your risk.**

If found early, about **9 out of 10 people** with colorectal cancer can **be successfully treated.**

Just because **you don't see blood in your stool doesn't mean you don't need to get tested.**

Nearly 95% of cases appear after the age of 50.



WHAT IS A FIT ? (FECAL IMMUNOCHEMICAL TEST)

The FIT test is a simple, at-home stool test that checks for tiny, hidden traces of blood often caused by polyps or small growths in the colon.

If blood is detected, further tests like a colonoscopy may be needed to find the source.

It's an easy, non-invasive way to detect early signs of colorectal cancer before symptoms appear.

TESTING MADE SIMPLE

- Call your local healthcare center to determine eligibility.
- Pick up your FIT test kit from your local health care center.
- Collect a small sample at home following the simple instructions provided.
- Return your sample to the healthcare center as instructed. A nurse will contact you with results and follow up if needed.

The process is private, quick, and easy and requires no clinic appointment.