

Cancer Screening for Women in Simcoe and Muskoka



Colorectal Cancer Screening Recommendations

- 50 years of age or older, without a family history of colorectal cancer.
- Using an easy-to-use Fecal Occult Blood Test (FOBT) every two years.

Where do I get an FOBT kit

- Contact your family physician to obtain a home test kit.
- If you do not have a family physician, you can obtain a test kit at your local pharmacy OR by calling the Colon Cancer Check INFOline at 1-866-410-5853.

Cervical Cancer Screening Recommendations

- Have your first Pap test within three years after you start having sex.
- If your tests are normal for three years in a row, then you will need a Pap test every two or three years.
- You should continue having a Pap test after menopause (when your monthly periods stop.)
- Women over 70 years of age can stop having Pap tests if there are at least three normal tests in the previous ten years.

Where do I have a Pap test?

- Your family doctor can do a Pap test.
- If you do not have a family physician, contact Your Health Connection at 721-7520 or toll free 1-877-721-7520. A Public Health Nurse will direct you to options in your area.

Cancer Screening for Women in Simcoe and Muskoka

Breast Cancer Screening Recommendations

Regular examination of a woman's breasts for any early signs of cancer includes mammography (breast x-ray) and a physical examination of the breasts by a physician or a nurse.

- In Ontario, it is recommended that women aged 50 to 74 years of age have a screening mammogram, generally every two years.
- Women between 50 and 74 years of age can book their own appointment. There is no cost for this screening.

Where do I get Breast Screening?

Call the OBSP screening location closest to you to make an appointment.

Alliston - Stevenson Memorial Hospital (705) 435-5208

Barrie - Royal Victoria Hospital (705) 739-5610

Bracebridge - MAHC - South Muskoka Memorial Hospital (705) 645-3000

Midland - Huronia Medical Centre X-ray and Ultrasound (705) 526-5000

Orillia - Ontario Medical Imaging (705) 326-2244

For more information contact
Your Health Connection
1-877-721-7520



**simcoe
muskoka**
DISTRICT HEALTH UNIT

