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Make cancer screening part of your new year's resolutions

Now is the perfect time to speak to your healthcare provider about getting screened for cancer

It's the time of year when many people make promises to themselves to eat healthy, stop smoking or lose weight. Grand River Hospital's regional cancer centre and Cancer Care Ontario want to also make it a time of year when people make the resolution to get screened for cancer.

"Cancer mortality rates for colorectal, breast and cervical cancers have been declining over the years thanks in part to an increase in screening but we still have a long way to go," says Barbara-Anne Maier, clinical manager of the diagnostic assessment programs and integrated cancer screening at Grand River Hospital. "We know that cancer screening saves lives and that's why it's important that men and women talk to their healthcare provider about getting checked."

Cancer is the second leading cause of death in Canada, and colorectal, breast and cervical cancers account for 30 per cent of new cases.

Waterloo Wellington now has a new location for breast screening. The region's **ninth** Ontario Breast Screening Program site just opened its doors at True North Imaging, 65 University Avenue in Waterloo, which provides women aged 50 to 74 with free, high-quality mammography services (a doctor's referral is not needed).

"It's extremely important that people take advantage of the screening programs available locally," says Maier. "Screening tests, such as the Fecal Occult Blood test, mammography and Pap tests are **free of charge** and can detect cancer before any physical symptoms show up, when cancer is most treatable and potentially curable."

To get the message across that cancer screening saves lives, the Ministry of Health and Long-Term Care is launching a [new ad](#) encouraging men and women 50 to 74 to take control of their health.

"The word cancer is a scary word for many people, but there have been significant advancements in cancer care and with today's screening programs, cancer can be prevented or caught early, giving patients a better chance of survival," says Deb Matthews, Minister of Health and Long-Term Care. "I hope this ad campaign will reach people at a time when their health is already top of mind and that they will make the choice to speak to their healthcare provider about getting screened."

To find out when you should start screening for cancer, or to encourage friends and family to get themselves checked, visit the Time to Screen Tool at:

www.ontario.ca/screenforlife.

For more information on how to get screened for colorectal, breast and cervical cancers talk to your healthcare provider or call Cancer Care Ontario at 1-866-662-9233.

For more information, please contact:

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