

COLON CANCER

**CAN AFFECT YOU OR A LOVED ONE.
THAT'S WHY REGULAR SCREENING
IS IMPORTANT—IT HELPS FIND
CANCER EARLY, WHEN TREATMENT
IS MOST EFFECTIVE.**

Colon cancer starts as a small, harmless growth (polyp) in your colon (large intestine). Over time, these polyps can turn into cancer.

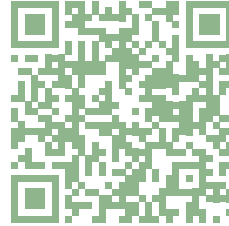
A Fecal Immunochemical Test (FIT) is an easy, at-home test that checks for hidden blood in your poop.

Around your 50th birthday, you will receive a FIT kit in the mail. It's easy to use and requires no preparation.

After collecting your sample, mail it back in the postmarked yellow envelope provided, and the lab will take care of the rest.

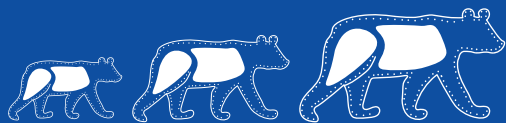
Your results will be sent to you and your healthcare provider, and if needed, further testing will be recommended.

For more information and resources on Mi'kmaq cancer care, visit:
www.mhwns.ca/programs
or scan the QR code below




COLON CANCER Screening FIT Kit

This brochure is adapted from a resource created by the Union of Nova Scotia Mi'kmaq. Production of this brochure has been made possible through collaboration and financial support from the Canadian Partnership Against Cancer Corporation and Health Canada. The views expressed herein do not necessarily represent the views of Health Canada or the Canadian Partnership Against Cancer.



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SCREENING IS RECOMMENDED FOR EVERYONE 50 AND OLDER

When you turn 50, you will automatically receive a FIT kit in the mail.

If your FIT results are normal (negative or clear), you will continue to receive the kit every 2 years during your birth month, until you turn 74.

SIGNS AND SYMPTOMS

On-going changes in bowel habits are common signs and symptoms of colon cancer - such as:

- Diarrhea or constipation lasting more than a few weeks
- Poops that are consistently skinnier than normal
- Feeling like you cannot fully empty your bowels
- Unexplained weight loss, tiredness, or weakness

If you're experiencing any signs or symptoms, talk with a health care professional right away!



DID YOU KNOW?

Colon cancer risk increases with age, and most cases are found in people 50 years or older.

Since early-stage colon cancer often has no symptoms, you can reduce your risk of developing colon cancer by participating in regular screening.

DO I NEED TO WAIT UNTIL I'M 50 TO TEST FOR COLON CANCER?

No! If you have a family history of colon cancer or experience any signs or symptoms, your healthcare provider may suggest to start screening earlier with a colonoscopy.

Talk to your healthcare provider to find out what is best for you!

For more information or assistance, contact your community's Health Centre.

You can also visit:

www.nshealth.ca/colon-cancer-prevention-program

or scan the QR code below.



WHAT DOES A FIT KIT LOOK LIKE?

Here is an example of what the contents found in a FIT kit:



EARLY DETECTION SAVES LIVES!