




## ColonCancerCheck

February 11, 2015

Screen for Life  
Cancer screening sees what you can't

-  Breast
-  Cervical
-  Colorectal

JANE SAMPLE  
123 ANY STREET  
ANY CITY, ON M1M 1M1

Dear JANE SAMPLE:

We are writing to invite you to get checked for colon (bowel) cancer. Colon cancer is the second leading cause of cancer death in men and women in Ontario. **After age 50, your risk of getting this disease goes up.** The good news is that you can take steps to protect your health by doing an easy test called the fecal occult blood test (FOBT).

The FOBT is a safe and painless cancer screening test that checks your stool (poop) for tiny drops of blood, which can be caused by colon cancer. You can do the test in the comfort and privacy of your own home, and it only takes a few minutes a day on three different days to complete. **Please see the back of this page to find out how to get checked with the FOBT.**

If colon cancer is caught early, nine out of every 10 people with the disease can be cured. In its later stages, colon cancer can be treated, but beating it is less likely. If you do not get tested, you may miss out on the chance for early and more effective treatment.

*“Doing the FOBT was easy and I knew within a few weeks that my result was normal. I am thankful for the peace of mind!”*  
-Terry K., Guelph

Taking a few minutes to do the FOBT now could give you many more years with your friends and family.  
**Get checked today.**

Sincerely,



Dr. Linda Rabeneck  
Vice-President, Prevention and Cancer Control  
Cancer Care Ontario

### GET THE FACTS. GET CHECKED.

- Without screening, you could have colon cancer and not know it.
- Regular screening with the FOBT is a good way to find colon cancer early.
- If you are 50 years or older, you should do the FOBT every two years.
- You should still get screened for colon cancer, even if no one else in your family has had the disease.
- If your parent, brother, sister or child has had colon cancer, you should speak to your doctor because you may need a different test called a colonoscopy.

### HOW TO GET CHECKED WITH THE FOBT

- 1) Get your free FOBT from your family doctor or nurse practitioner.\*
- 2) Complete your FOBT. The test comes with simple instructions.
- 3) Mail your FOBT or drop it off at the lab. Expect results back in the next few weeks.

\*If you do not have a family doctor or nurse practitioner, you can get your free FOBT from Telehealth Ontario by calling 1.866.797.0000; TTY: 1.866.797.0007.

To learn more about colon cancer screening, please visit [www.ontario.ca/coloncancercheck](http://www.ontario.ca/coloncancercheck) or for more information about our screening letters, visit us at [www.cancercare.on.ca/screening letters](http://www.cancercare.on.ca/screeningletters). You can also call us at 1.866.662.9233 from Monday to Friday (8:30 a.m. to 5:00 p.m.) or email us at [screenforlife@cancercare.on.ca](mailto:screenforlife@cancercare.on.ca).

If you do not want to receive screening letters from Cancer Care Ontario, complete the form at [www.cancercare.on.ca/screening letters](http://www.cancercare.on.ca/screeningletters) or call us toll-free at 1.866.662.9233. You may change your mind at any time.