

# CANCER SCREENING FLIPBOOK

**An information tool for health  
and wellness providers and  
community members**



First Nations Health Authority  
Health through wellness

**BC  
CAN  
CER**

Provincial Health Services Authority

# Acknowledgement

**We raise our hands and gratefully acknowledge that this resource was created on the land and traditional territories of the First Nations peoples in BC.**

**This resource was developed in collaboration with BC Cancer and with funding support from the Canadian Partnership Against Cancer.**

Thank you to Cancer Care Ontario for their permission to adapt their *Cancer and Screening Toolkit* for use in BC.

Thank you to all of the contributors who made the creation of this resource possible



# Purpose of this tool

This flipbook supports wellness champions and health providers in their conversations about cancer and cancer screening with community members. The flipbook can be used in both one-on-one or group settings.

You do not need to have a clinical background to use this resource. Community health representatives, home visitors or wellness promotion leads may all find this flipbook useful for starting a conversation with community members about cancer screening.

There are many sources of information that support the speaking points in this flipbook. You may want to refer to the BC Cancer website, call HealthLink BC at 8-1-1 or speak to a local health provider. The First Nations Health Authority's (FNHA) cancer web page also includes tailored health resources.

**HealthLink BC telephone line:**  
**8-1-1**

**BC Cancer:**  
[www.bccancer.bc.ca/screening](http://www.bccancer.bc.ca/screening)

**FNHA:**  
[www.fnha.ca/cancer](http://www.fnha.ca/cancer)

# Purpose of this tool

To share information and support conversations about cancer screening and related services.

It is recommended that this resource be used as an education tool, where a health representative and community member can work through the information together.



**CANCER  
PREVENTION  
& CULTURAL  
SAFETY**



# A wholistic approach to cancer prevention

**Many cancers are preventable. Focusing on your wholistic wellness is an important way to minimize your risk of getting cancer.**

There are many connections between your physical, mental, emotional and spiritual health. For example, outdoor activities like gathering plants, fishing or hunting benefit you physically, but they also support your mind and spirit.

A number of factors influence your chances of getting cancer, such as genetics, your age and what you eat. These are often referred to as risk factors. Some risk factors, such as genetics and age, are outside of your control. Others, like the food you eat or your activity levels, are within your control and can be influenced by healthy environments and strong support systems.

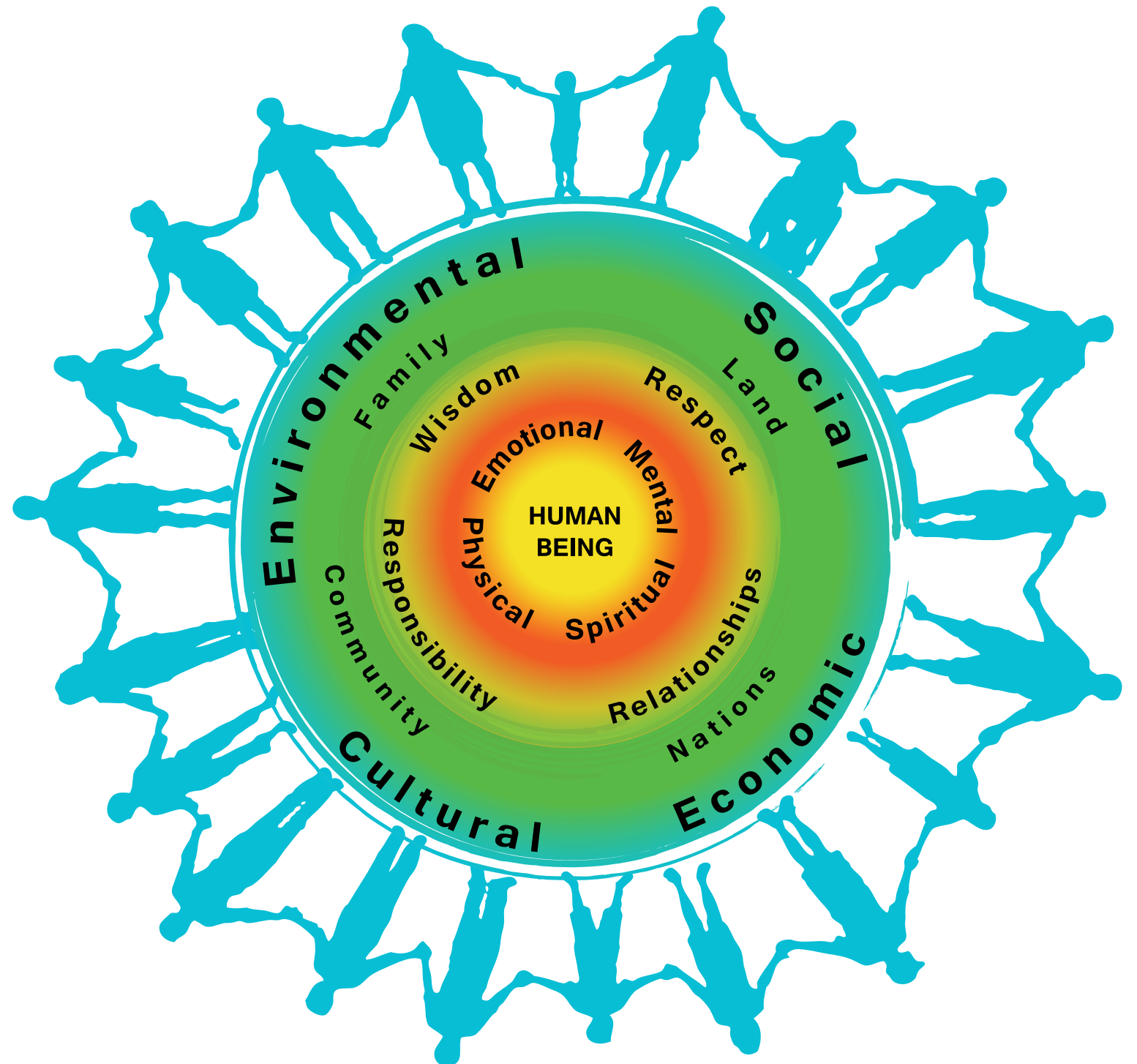
You can positively impact your health and well-being by doing activities that make you feel balanced and spending time with people who make you feel good. Each person's wellness priorities and journey will be different, and should be respected.

**Doing things for your wellness can help you at any age and any stage – including when you are healthy and when you are healing.**

Your health and wellness are influenced by the world around you, including your family, community and the land and environments in which you live and work. Think about how you can support your own wellness while also connecting with your family, community and environment as part of your overall health and wellness journey.

# A wholistic approach to cancer prevention

- > Focusing on your wholistic wellness helps reduce your risk of cancer
- > Some risk factors for cancer are outside of your control – like your family history or age
- > You can reduce many cancer risks by making healthy choices that support your overall wellness



# Cancer prevention pathways

## Healing from trauma

Healing from trauma is foundational to wellness. Many Indigenous communities and individuals have experienced – and continue to experience – trauma. It is possible to heal and transform trauma. Participating in land-based practices and drawing on the support of traditional knowledge keepers, cultural leads, Elders and family are some pathways for healing.

## Being active

Being active is an important part of wellness. Even small amounts of exercise make a big difference, and they benefit your mental health too. Walking is a great way to get started. If there are children and youth in your life, you can do physical activities with them. This is a fantastic way to strengthen your relationships with them while being a good role model for an active lifestyle.

## Eating well

Eating well is about more than just the foods we put in our bodies. Food is a way of sharing health, strengthening family and community connections, claiming sovereignty, giving back, demonstrating resilience and sharing information, culture and language. Try eating foods from

the land, whether traditionally harvested or locally grown. Choosing a variety of different foods (such as unprocessed foods like fruit, vegetables, beans, grains, eggs, lean meats, fish and wild game) is the easiest way to meet our nutrient and energy needs. When you're thirsty, make water your first choice to stay hydrated. Gathering, preparing and eating food together is a family-strengthening activity. Ask for support from a health provider if you need more information about shopping on a budget, gardening, gathering traditional foods, canning and cooking. You can also call 8-1-1 to speak with a registered dietitian.

## Nurturing your mind and spirit

Nurturing your mind and spirit is an essential part of wholistic wellness as mental and physical health are closely interconnected. It can be helpful to seek out support to heal from trauma, manage stress and find balance. Spending time in nature, participating in cultural activities and being with people you trust and look up to can bring greater peace and confidence. Connecting with Elders, knowledge keepers and healers can support your spiritual wellness. Smudging, brushings, sweat lodges, spirit baths, traditional dancing and drumming are examples of cultural activities or ceremony that can support your mind and spirit.



# Cancer prevention pathways

- > Healing from trauma
- > Being active
- > Eating well
- > Nurturing your mind and spirit



# Cancer prevention pathways

## Respecting tobacco

Respecting tobacco means respecting the cultural uses of the natural tobacco plant within some First Nations communities and reducing the use of addictive commercial tobacco like cigarettes and chewing tobacco. It can be challenging to quit commercial tobacco and it may take many attempts to reach this goal. To learn about medications that can support your decision to quit commercial tobacco, call First Nations Health Benefits at 1-855-550-5454.

## Getting the human papillomavirus (HPV) vaccine

Getting the human papillomavirus (HPV) vaccine is one of the best ways to prevent cervical cancer and other cancers of the anus, throat, mouth, penis, vagina and vulva. This vaccine helps your body prepare for and fight the virus that can trigger these kinds of cancer. The vaccine is available to all children at 11 to 12 years of age as well as eligible adults. Call First Nations Health Benefits at 1-855-550-5454 to learn more about vaccine coverage.

## Reducing alcohol

Reducing alcohol can decrease your chances of getting cancer and other chronic diseases. Thinking about how much alcohol you drink, and how often and why you drink, is the first step in setting mindful goals, such as planning when to drink and setting a drink maximum based on factors specific to you and your circumstances. Talk to your health care provider about how much alcohol is best for you based on your age, your health and any other factors you and your health care provider consider important. Finding ways other than alcohol to manage stress, like going on a walk with a friend, can help. Reducing your alcohol consumption can have positive impacts on the wholistic health of you, your family and your community.

## Practicing sun safety

Practicing sun safety protects your skin and eyes and reduces your chances of having cancer of these body parts. Setting an example and helping children and youth practice sun safety is important, as sunburns during childhood greatly increase the risk of skin cancer later in life. A good way to catch skin cancer is to regularly check your skin for irregular-looking moles or marks. Make it a habit on your outings to put on sunscreen, slip on a shirt, slap on a hat, slide on sunglasses and seek shade!

# Cancer prevention pathways

- > Respecting tobacco
- > Getting the human papillomavirus (HPV) vaccine
- > Reducing alcohol
- > Being sun safe



# Cancer prevention:

## Spotlight on the human papillomavirus (HPV) vaccine

Human papillomavirus (HPV) is a very common virus that is easily spread through intimate touching and sexual activity. Some types of HPV infections can cause cancer. Getting HPV vaccines as a preteen or adult can help prevent these cancers from developing.

### HPV infection is related to:

- > Almost all cases of cervical cancers
- > About 80%-90% of anal cancers
- > 40% of vaginal and vulvar cancers
- > 40%-50% of penile cancers
- > 25%-35% of mouth and throat cancers
- > Over 90% of genital warts

The HPV vaccine can help prevent cancers of the cervix, anus, mouth, throat, penis, vagina and vulva. The vaccine helps prepare the body to fight off an HPV infection if the body is later exposed to this virus.

All people benefit from the HPV vaccine. It is available to all children starting at 11 to 12 years of age to build immune protection early. HPV vaccines are given as two or three doses over a six-month time period. The HPV vaccine is well studied and safe.

### HPV vaccination is offered for free to:

- > All children in Grade 6
- > Youth/adults born in 2006 or later who missed their Grade 6 vaccination
- > HIV positive people between the ages of 9 and 26
- > Transgender or two-spirit people between the ages of nine and 26
- > Males between the ages 9 and 26 who:
  - > are not yet sexually active but are questioning their sexual orientation
  - > have sex with other men



**The HPV vaccine is helpful for all people.**

[www.FNHA.ca/what-we-do/healthy-living/cancer/hpv](http://www.FNHA.ca/what-we-do/healthy-living/cancer/hpv)

# Cancer prevention:

## Spotlight on the human papillomavirus (HPV) vaccine

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HPV vaccination is recommended starting at 11 to 12 years of age to build immune protection early.

The HPV vaccine is well studied and safe.



# Mental wellness and culturally grounded care

Thinking about having a cancer screening test or waiting for screening results can bring up many thoughts and feelings. You may want to draw on the supports that are right for you. That could mean reaching out to a friend, health care provider, family member or Elder/cultural support person; going for a walk; or doing an activity that grounds you.

Cultural and traditional health practices can help you prepare for a cancer screening appointment. Talking to an Elder, receiving a brushing, or participating in ceremony before or after a cancer screening procedure might be helpful for you.

**Talk to your health care providers about your wishes and decisions about cultural supports and traditional medicines. A key question you may wish to ask is whether there are any potential interactions between the medicines you are taking or may need to take.**

# Mental wellness and culturally grounded care

Friends, family, Elders, knowledge keepers and mental health providers can provide you with support during cancer screening.

Cultural and traditional health practices can help prepare you or make you feel safe for cancer screening.

Talk to your health care providers about your wishes and decisions.



# Cultural safety in health care

Colonialism and discrimination continue today in the health care system. There is a need to improve cultural safety and humility in health care services, from cancer prevention and screening through to survivorship and end of life. Culturally grounded health resources like this flipbook are one way of supporting safer care.

Cultural safety is the outcome when a community member feels safe and respected when receiving health information and care in an environment free of racism and discrimination.

Person-centered decision-making is central to culturally safe care. Person-centered decision-making means community members receive reliable health information, have the safety and space to ask questions and share perspectives, and have their beliefs, priorities and decisions respected by their health providers. This flipbook aims to promote respectful conversations about cancer screening and to offer reliable and easy to understand information to support community members in their decisions about cancer screening.



# Cultural safety in health care

**The goal of cultural safety is for all people to feel safe and respected when receiving health information and care in an environment that is free of racism and discrimination.**



# Your rights when receiving health care

**You have the right to receive respectful and high-quality care when accessing cancer screening. Your questions, priorities and concerns matter.**

## **You have the right to:**

- > Be treated with respect as the decision-maker about your treatment choices
- > Receive clear information about your health and treatment options
- > Give consent for health procedures and treatments
- > Decline or stop treatment at any time
- > Receive health care free of racism and discrimination
- > Receive health care that supports your cultural, traditional, spiritual and mental wellness needs
- > Bring a friend, family member or support person to appointments
- > Know that your personal information is private and can only be shared with your consent
- > Ask health providers as many questions as you need
- > Share your priorities and concerns about your health or treatment
- > Ask for a second assessment and opinion from another provider
- > Request your personal health information records

# Your rights when receiving health care

- > Respect
- > Clear information
- > Consent
- > Privacy
- > Culturally relevant care
- > To ask questions
- > To bring a friend



# Communicating concerns or feedback

## You can also share experiences and feedback by reaching out to:

- > Patient navigators & liaisons (you can be connected to an Indigenous or Aboriginal patient navigator through BC Cancer, your Regional Health Authority, or BC Women's and Children's Hospital)
- > Health care provider colleges (e.g., the College of Physicians and Surgeons of BC)
- > The Patient Care Quality Office of your local health authority
- > The FNHA Quality Care and Safety Office

If you have any concerns or feedback about the care you are receiving, share them with your health care provider as soon as possible.



**BC Cancer:**

[www.bccancer.bc.ca/our-services/  
services/indigenous-cancer-control](http://www.bccancer.bc.ca/our-services/services/indigenous-cancer-control)

# Communicating concerns or feedback

**If you have any concerns or feedback about the care you're receiving, please reach out to:**

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- > The Patient Care Quality Office of your local health authority
- > The FNHA Quality Care and Safety Office



**CANCER &  
CANCER  
SCREENING**



# What is cancer?

**Cancer is a disease that starts in our cells. It can occur in almost any organ or tissue of the body.**

Cancer happens when a damaged or abnormal cell is not repaired by our body. The cancer cell is able to make copies of itself and these damaged cells can grow quickly and take over nearby tissues and organs.

Over time, cancer cells can clump together and spread to other parts of the body.

**If you are not sure, speak with your health care provider.**

Regular cancer screening is the best way to identify cancer early on. Knowing the results of your screening tests will enable you to make informed decisions about your health.

**It is important to know that cancer can be:**

- > Preventable
- > Detectable (it can be found with tests)
- > Treatable
- > Beatable (you can recover from cancer)

Stay in touch with your body and see your health care provider as soon as possible if you have symptoms that could be a sign of cancer. Your symptoms may not be cancer at all, but a checkup and tests can help you know more.

**Cancer symptoms could include things like:**

- > A change in bowel or bladder habits
- > A sore that doesn't heal
- > Unusual bleeding or discharge
- > A lump or swelling of the breast or other body part
- > A nagging cough
- > Indigestion or trouble swallowing
- > Skin changes
- > A recent change in a wart or mole
- > Unexplained weight loss or gain
- > Unexplained fever, tiredness or pain

# What is cancer?

## Cancer is a disease that starts in our cells.

Cancer happens when a damaged or abnormal cell is not repaired by our body. The cancer cell is able to make copies of itself and can grow quickly and take over nearby tissues and organs.

## Cancer can be:

- > Preventable
- > Detectable (it can be found with tests)
- > Treatable
- > Beatable (you can recover from cancer)

The earlier you can identify cancer, the better. That's why it's important to pay attention to potential cancer symptoms and to be screened regularly for cancer.





# First Nations cancer trends in BC

In BC, we can learn from First Nations-specific cancer data. Trends in screening rates and cancer diagnoses are essential to understand the health and wellness of First Nations people across BC and to support strategies and services that better meet local needs.

We are seeing an increase in certain cancers among First Nations people. For many types of cancer, there is a lower chance of survival after diagnosis for First Nations people in BC. This signals a need to ask more questions about access to health care and the responsiveness of the health system.

It is important to note that as more First Nations people participate in cancer screening, the number of cancer diagnoses may increase. We expect to see an increase in cancer diagnoses when screening rates go up because the purpose of screening is to find cancer in the body. Without screening, some cancers would be left undiagnosed.

## **Cancer information that is important for First Nations people in BC to know about includes:**

- > Rates of cervical cancer and colorectal cancer are higher among First Nations people in BC compared to other residents

- > First Nations men and women have an increasing rate of lung cancer
- > Breast cancer is one of the most commonly diagnosed cancers among First Nations women and people with breasts
- > Some cancers, such as cervical cancer, are diagnosed later in their progression in First Nations in BC, illustrating the need for greater access to primary care and screening
- > First Nations people in BC have a lower rate of overall cancer diagnoses compared to other residents, when looking at all types of cancer diagnoses together. This may be due to a number of reasons, including lower screening rates. The FNHA is exploring these reasons further
- > Access to care can be affected by physical distance, the availability of trusted health providers, the safety and trustworthiness of providers and service, and individuals' past experiences with health services
- > Early access to screening and treatment may contribute to positive health outcomes, such as increased survival rates after diagnosis. More work is needed to support cultural safety and humility in the health system, and to increase the availability of screening and care in all areas throughout BC, including in rural and remote areas

# First Nations cancer trends in BC

There are higher rates of the following cancers among First Nations people in BC:

- > Colorectal cancer
- > Cervical cancer

For many types of cancer, there is a lower chance of survival after diagnosis for First Nations people in BC.

More research needs to be done on access to care and cultural safety.



# What is cancer screening?

## There are many ways to screen for cancer:

Cancer screening looks at what's going on inside your body as you age. It can involve X-ray images of body parts, or analyzing samples of blood, cells or stool.

The goal of cancer screening is to find cancer early, before you have symptoms and before the cancer has a chance to grow and spread. Early detection can help improve your chances for effective treatment and recovery.

Cancer screening is available to people in specific age groups or who have certain known risk factors. You may need to get cancer screening more often if you have a family history of cancer or have higher

personal health risks. Your health care provider can let you know what kind of screenings you should have and how often you should be screened.

## Getting screened regularly can bring peace of mind for you and your family.

Many cancer screening tests come back with no concerns.

If your cancer screening test results come back with irregularities, this does not mean that you have cancer. It means more testing is needed to learn more about what is happening in your body. Talk to your health care provider about what the screening results mean for you and the potential next steps.

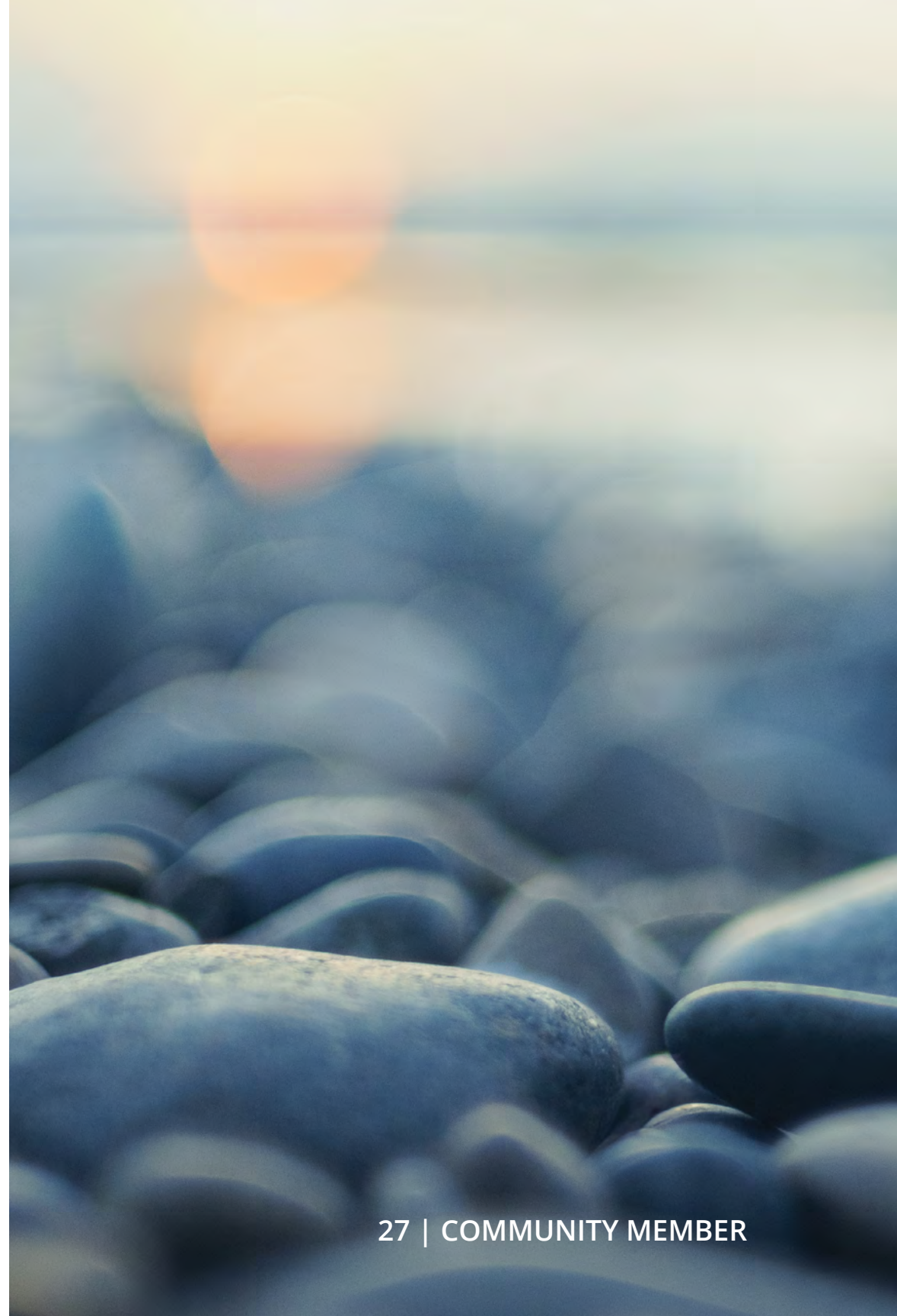
# What is cancer screening?

Cancer screening refers to different tests used to look for signs of cancer in your body.

**The goal of cancer screening is to find cancer early, before you have symptoms and before the cancer has a chance to grow and spread.**

Many cancers can be treated more easily and with better chances of a good recovery if they are found early or before they have a chance to develop.

Even if you do not have a family history of cancer, it's important to get regular cancer screenings to protect your health.



# Preparing for screening

Going to a cancer screening appointment is an important decision for your health and wellness. However, you may experience a range of feelings when you think about cancer screening.

**To help you with your decision or to prepare for your appointment, you may wish to:**

- > Talk to a trusted primary care provider about cancer screening and ask as many questions as needed
- > Bring a friend or family member to your appointment
- > Talk to an Elder, cultural support or patient navigator
- > Prepare for the screening with ceremony
- > Try breathing exercises to stay relaxed

- > Ask for a second staff member to be in the room as a witness
- > Plan a celebration after your appointment
- > Know you can share concerns or report a health care harm about unsafe care
- > Remember you have the right to pause, stop or reconsider health care at any point
- > Reflect on your role and control as an expert and key decision-maker in your own health and health care choices

**Cultural and traditional health practices can help prepare you or make you feel safe for regular cancer screening. It may be helpful to talk with an Elder, or prepare with smudging, brushing or ceremony.**

# Preparing for screening

- > Talk to a trusted primary care provider
- > Talk to an Elder, cultural support or navigator
- > Bring a friend to your appointment
- > Prepare with ceremony
- > Try breathing exercises
- > Plan a celebration
- > Ask for a witness
- > Share your questions/concerns
- > Know you have the right to pause, stop or reconsider care
- > Reflect on your role and control as an expert in your own health



# Cancer screening programs in BC

BC Cancer offers provincial screening programs for breast, cervical, colon, and lung cancer in BC. Screening is free for eligible individuals.

Type of cancer screening	What kind of screening test?	Who is eligible?	How often?	Where is the test completed?	How do I book a test?
<b>Breast cancer</b>	Mammogram	Women, two-spirit, transgender or gender diverse individuals, age 40 years and older.	Ages 50-74 with no family history of breast cancer: every two years. Ages 40-74 with an immediate family history of breast cancer: yearly.	Hospital, health care clinic or mammography van.	Call 1-800-663-9203 to book a mammogram.
<b>Cervical cancer</b>	Cervix self-screening	People with a cervix between the ages of 25 and 69.	Every five years if negative for HPV.	Wherever the individual is comfortable (e.g., at home or health care clinic).	Call 1-877-702-6566 or visit <a href="https://screeningbc.ca/cervix">screeningbc.ca/cervix</a> to request a mailed kit. Individuals can also connect with a health care provider about picking up a cervix self-screening kit.
	Pap test	People with a cervix between the ages of 25 and 69.	Every three years.	Health care clinic.	Call 1-800-739-7367 or visit <a href="https://screeningbc.ca/cervix">screeningbc.ca/cervix</a> to find a health care clinic that accepts patients for Pap tests.
<b>Colon cancer</b>	Fecal Immunochemical test (FIT)	People between the ages of 50 and 74 years of age.	Every 2 years for most people between ages 50 and 74. Individuals with a history of adenomas or a family history of colon cancer may also need a colonoscopy every 3 to 5 years.	At home and the test is returned to the lab.	Individuals can talk to a health care provider for a FIT form or call 1-877-70-COLON if they need assistance connecting with a lab in their community.
<b>Lung cancer</b>	Low-dose CT lung scan	People between the ages of 55 and 74 who have a smoking history of 20 years or more.	Every one or two years.	Hospital.	Individuals can call 1-877-717-5864 to talk to a lung screening team member to assess their overall health.

# Cancer screening programs in BC

What kind of cancer are you screening for?	Screening test
Breast cancer screening	Mammogram
Cervical cancer screening	Cervix self-screening or Pap test
Colon cancer screening	FIT kit
Lung cancer screening	CT lung scan



Talk with a community health nurse, nurse practitioner or doctor to learn more about cancer screening.

If you don't have a trusted health care provider, call the First Nations Virtual Doctor of the Day program at 1-855-344-3800 or 8-1-1.



# What is diagnostic testing?

If a cancer screening test comes back with an unusual result and your doctor believes that further tests are needed, you will be referred for diagnostic testing.

**Diagnostic tests gather more information about what is going on in your body.**

They may involve a range of tests and could include collecting cell samples that will allow doctors to see what the cells in your body are doing using a microscope. Being referred for diagnostic testing does not necessarily mean that you have cancer.

Some cancers can be treated more easily and with a better chance of recovery

when found early with diagnostic tests. Some cancers can be prevented if found and treated early.

A biopsy is a test to collect cells from a body part for analysis. This test is done by putting an instrument into the specific body part, like a needle into your breast tissue.

Some tests may be uncomfortable. Be sure to ask if there are ways you can be made more comfortable during the test.

Talk with your health care provider about any questions you have about cancer screening and diagnostic testing. Refer to the “Your rights” and “Preparing for screening” sections for other ideas.

# What is diagnostic testing?

Diagnostic testing is follow-up testing if you have an unusual screening result.

Being referred for diagnostic testing does not necessarily mean you have cancer. It means more information about your cells is needed.

Diagnostic tests often involve collecting cells and sending them to a lab to be looked at with a microscope.

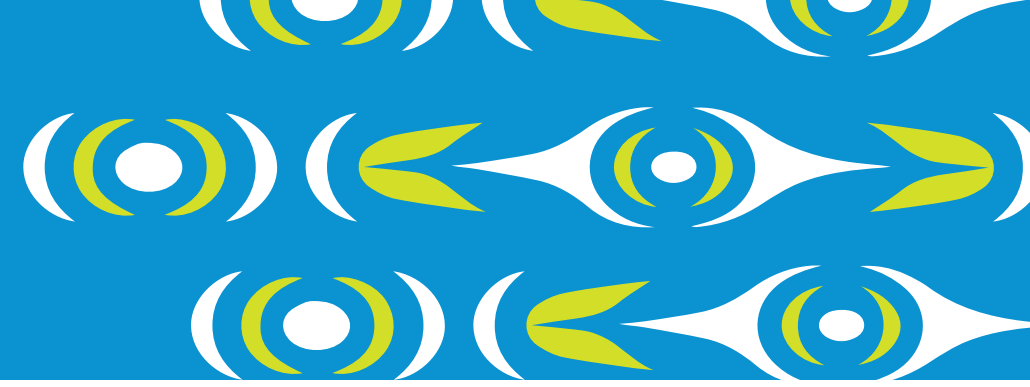
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# BREAST CANCER SCREENING



# Breast screening



Breasts are soft organs on the chest that primarily contain fatty and glandular tissues.

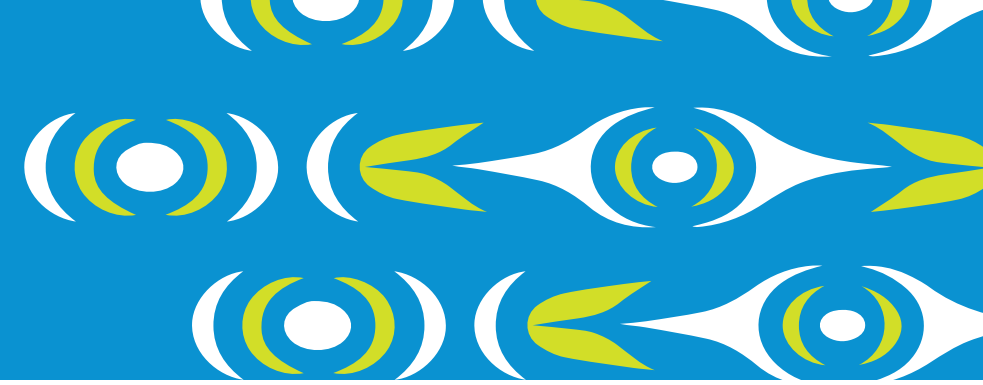
Breast cancer screening is called a mammogram. Mammograms are X-rays of the breasts. Getting regular mammograms is useful because it allows health care providers to compare images of your breast tissue over time and identify any changes early on.

Mammograms can find potentially cancerous lumps when they are very small and you cannot feel them. Finding cancerous lumps when they are small means the cancer is less likely to have spread and is more likely to be treated with good results.

**Mammograms are available for women and people with breasts who are 40 years of age and older in BC.** A mammogram is recommended every two years, but if your mom, sister or daughter has had breast cancer, you should be screened every year.

**A referral from a health care provider is not needed.**  
**You can call [1-800-663-9203](tel:1-800-663-9203) to book your own appointment.**

# Breast screening



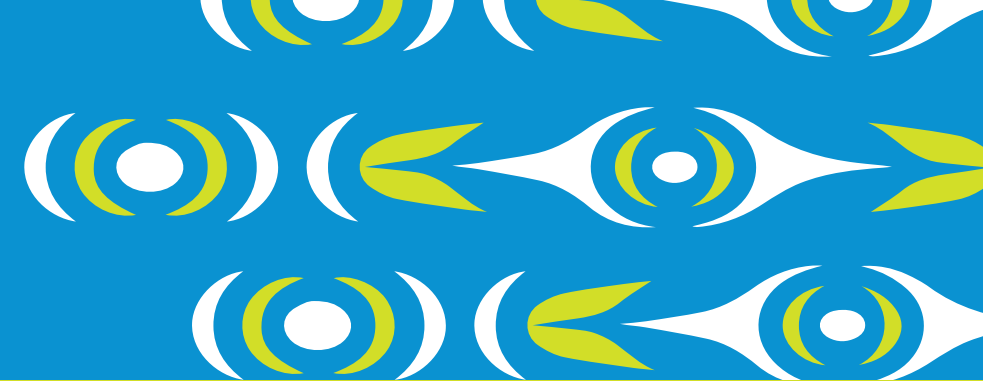
Mammograms are available for women and people with breasts who are 40 years of age and older.

A mammogram is recommended every two years, but if your mom, sister or daughter has had breast cancer, you should be screened every year.

You do not need a referral from your doctor for a mammogram.

Honour yourself, your family, your community and your ancestors – make breast cancer screening a regular part of your wellness, for you and the ones you love.

# What to expect



A mammogram is done at a special clinic. You will be asked to undress from the waist up to have the X-rays done. The health care provider will help you place your breast on a special X-ray machine. A plastic plate will be pressed down slowly on your breast to hold it in place for up to 10 seconds.

Although the pressing may feel a bit uncomfortable, it is done quickly. Two pictures of each breast are taken.

Seeing a trusted health care provider, bringing a friend or requesting that a witness in the room are all ways to be supported during this procedure. Please refer to the **“Preparing for screening”** section of this flipbook for more ideas.

# What to expect

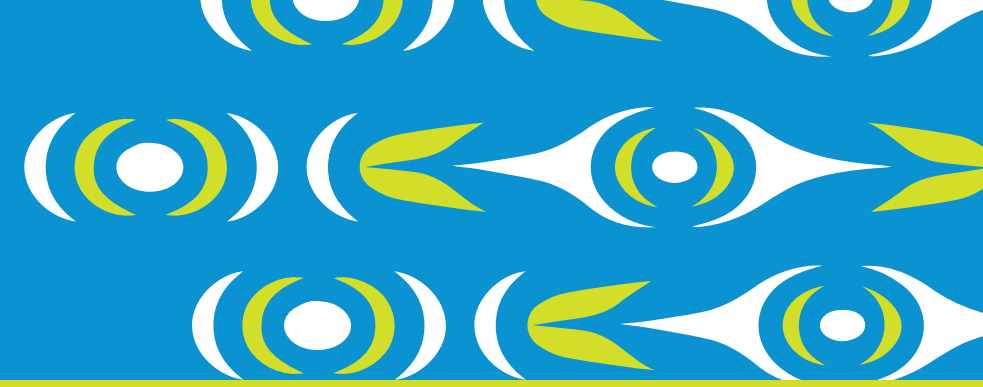
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# Breast diagnostics tests



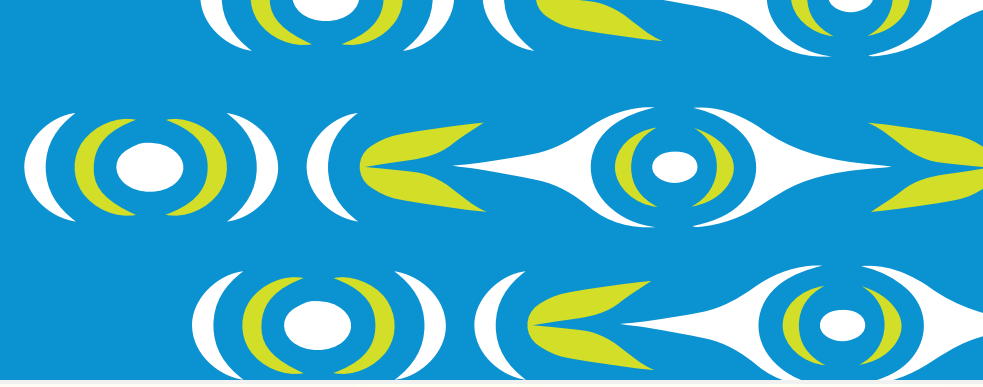
After your screening mammogram, more testing may be needed, depending on your results. Keep in mind that more testing does not necessarily mean you have cancer. Over 95 per cent of those who are called for additional tests do not have cancer.

## Diagnostic tests can include:

- > **Diagnostic mammogram:** Takes X-rays of the area of concern
- > **Ultrasound:** Uses sound waves to produce an image of the area
- > **Needle biopsy:** Takes a sample of tissue from the area of concern



# Breast diagnostics tests



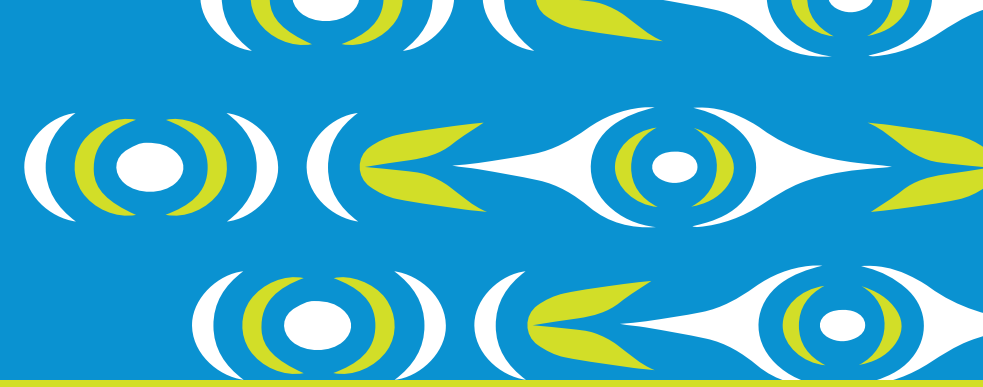
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# Be breast aware – Signs of breast cancer



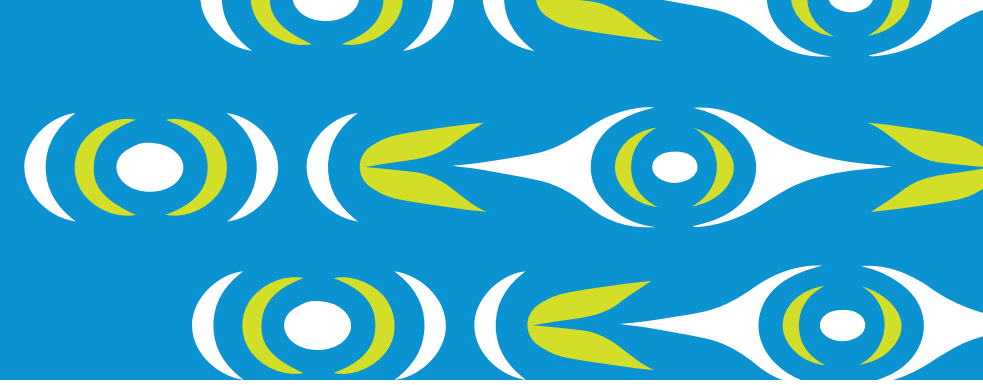
It's important to be aware of any changes in your breasts and to watch for any unusual signs.

If you notice something different in the way that your breasts look or feel, talk to your health care provider right away.

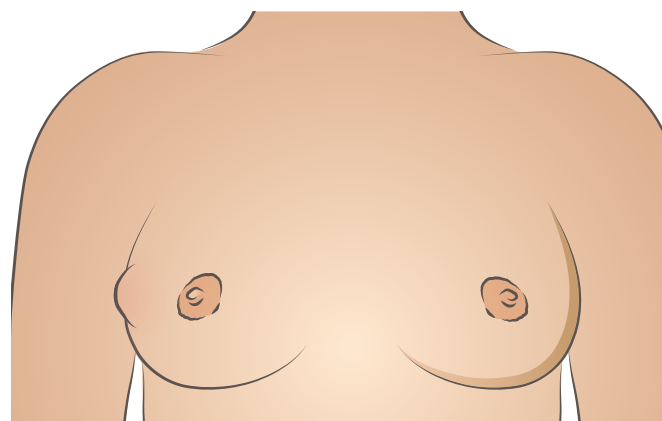
## Examples of changes to look for include:

- > Lumps or thickening in the breast
- > Fluid leaking from the nipple
- > Redness
- > Inflammation
- > Dimpling or puckering
- > Skin change, such as a spot that wasn't there before
- > Change in breast size or shape
- > Nipple change

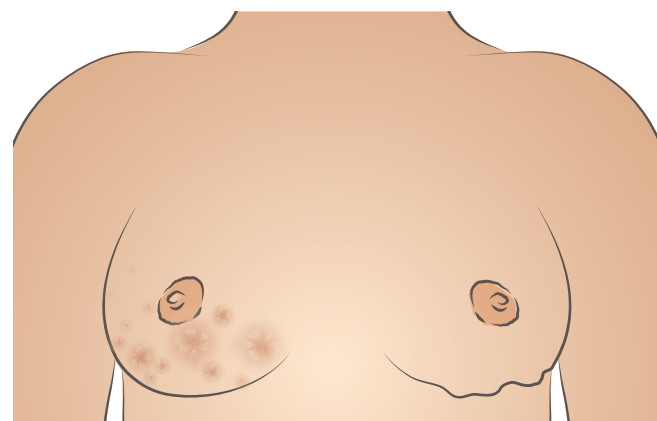
# Be breast aware - Signs of breast cancer



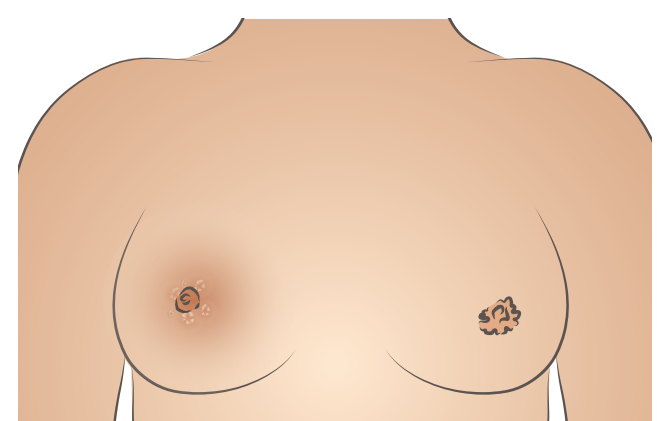
It's important to be aware of any changes in your breasts and to watch for any unusual signs. If you notice something different in the way that your breasts look or feel, talk to your health care provider right away.



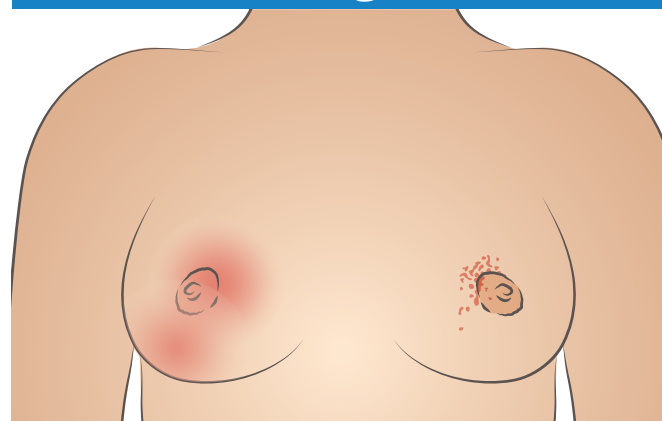
Lumping, thickening,  
or hardening of breast



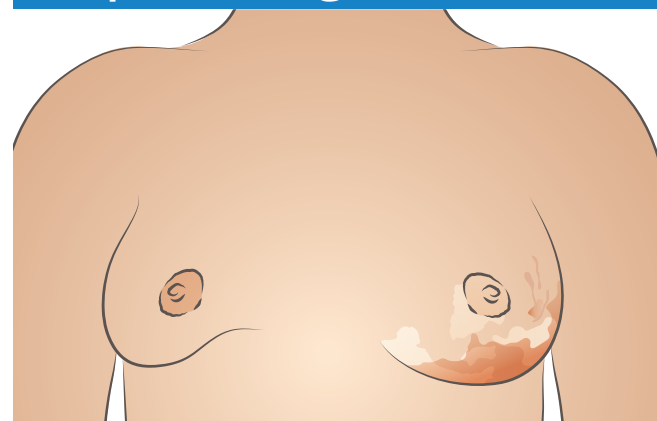
Dimpling or  
puckering of breast



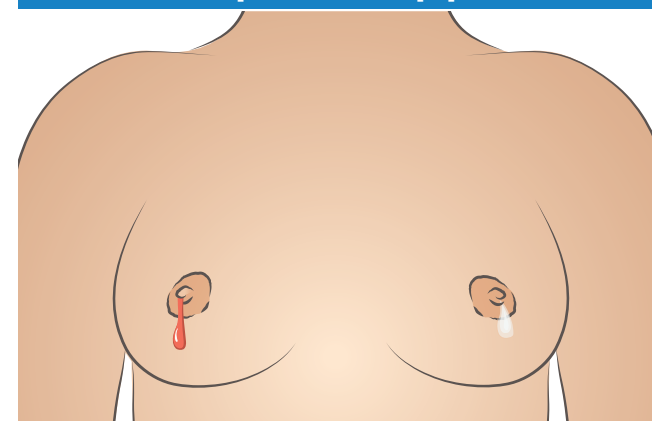
Change in size or  
shape of nipple



Appearance of rashes  
or redness



Skin change or change  
in breast size or shape



Fluid leaking from nipple  
(bloody discharge or clear)

**CERVICAL  
CANCER  
SCREENING**



# Cervical screening

The cervix is the lower, narrow part of the uterus (womb). The cervix connects the main body of the uterus to the vagina (birth canal). Cervical cancer screening can determine if an individual is at risk for developing abnormal cells, which helps prevent cancer. It can also find cancer at an early stage when there are more treatment options available.

## There are two options for cervical cancer screening:

- 1. Pap test.** This tests for abnormal cells that could cause cervical cancer.
- 2. Cervix self-screening.** This tests for HPV, which can cause abnormal cells and lead to cancer.

## Who should get cervical cancer screening?

Anyone with a cervix who is between the ages of 25 and 69 should screen regularly for cervical cancer.

## Individuals should still screen regularly for cervical cancer if:

- > They have been through menopause and are under 70;
- > They have ever been sexually active, even if they are not sexually active right now;
- > They have had the HPV vaccine;
- > They are in a same-sex relationship; or
- > They are a transgender or two-spirit person with a cervix.

# Cervical screening



Currently, First Nations people in BC have a higher rate of cervical cancer than other residents.

Anyone with a cervix who is between the ages of 25 and 69 should screen regularly for cervical cancer.

## There are two options when it comes to cervical screening:

- 1. Pap test.** This tests for abnormal cells that could cause cervical cancer.
- 2. Cervix self-screening.** This tests for HPV, which can cause abnormal cells and lead to cancer.

Honour yourself, your family, your community and your ancestors – make cervix screening a regular part of your wellness, for you and the ones you love.

# Cervix self-screening



Previously, the Pap test has been the main way for people to screen for cervical cancer. Cervix self-screening is a test that detects HPV, the virus that causes the abnormal cells.

Self-screening is quick, easy and painless to complete. It can be done wherever they feel most safe and comfortable, such as an individual's home or a health care clinic. The individual will collect a sample by rotating a small, Q-tip-like swab inside their vagina. Unlike a Pap test, the cervix self-screening swab does not need to reach the cervix. If the individual prefers, a health care provider can do the test or support with self-collection.

## **Individuals do not need to self-screen for cervical cancer if:**

- > They have had their cervix removed for any reason (such as total hysterectomy or gender-affirming surgeries); or
- > They are pregnant (see a health care provider about a Pap test).

# Cervix self-screening

## Pap test

- > Must be completed by a health care provider (e.g., doctor, nurse practitioner, midwife or nurse)
- > Must be done at a health facility
- > Speculum used to take a sample of cervix cells to determine if they are abnormal
- > Every 3 years

## Screens for cervical cancer

## Cervix self-screening

- > Can be completed on your own or with a health care provider
- > Q-tip-like swab of vagina
- > Looks for strains of HPV that are most likely to cause cancer
- > Every 5 years if negative for HPV

Whichever screening option you choose, making time for regular cervical cancer screening is an important step in taking charge of your health.



# What to expect: cervical screening options



## Cervix self-screening

The cervix self-screening is quick, easy and can be completed where the individual feels most comfortable including at home. It involves taking a small sample from the vagina with a Q-tip-like swab. Full instructions are included with the cervix self-screening kit. The individual can also choose to do the test at a local clinic with the support of a health care provider.

Once completed, they can drop the kit at their nearest post office, post box or health clinic. Try to drop off the kit the same day the sample is collected. Results will be available within 4-6 weeks.

Depending on the result of the cervix self-screening test, a Pap test may be required.

## Pap test

A Pap test can be done by a doctor, nurse practitioner, naturopath, midwife or nurse in a health care clinic space. Talking with the individual about what to expect during a Pap test, can help an individual feel prepared and more comfortable.

The individual will be asked to undress from the waist down and given a sheet to cover themselves. They will be asked to lie back on a health care clinic table with their feet up. The health care provider will gently put an instrument called a speculum in the vagina to see the cervix. The provider will collect cells from the cervix with a small brush or spatula. While the process is not usually painful, it can be uncomfortable. The cell samples will be sent to a lab for examination. The health care provider may also do a pelvic exam and feel around the uterus and vaginal area for any unusual lumps.

Seeing a trusted health care provider, bringing a friend or requesting that there be a witness in the room are all ways to be supported during this procedure. Please refer to the “Preparing for screening” section of this flipbook for more ideas.

# What to expect: cervical screening options



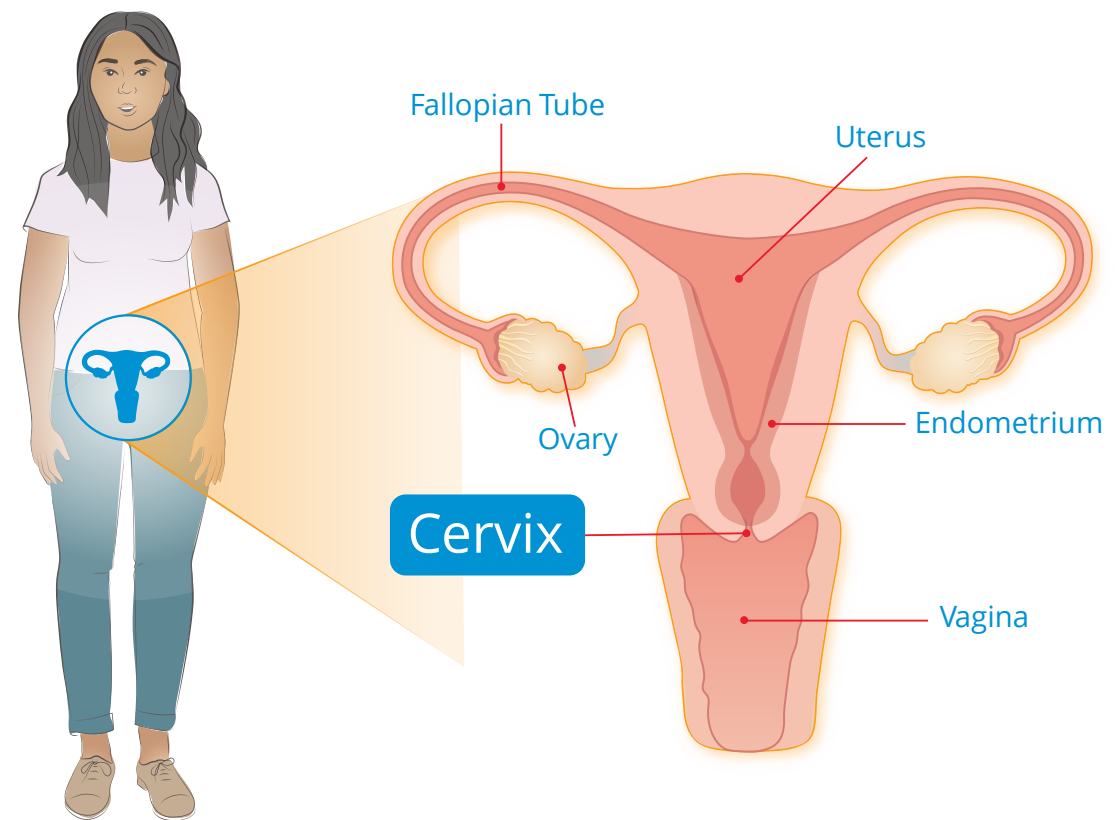
What to expect	Pap test	Cervix self-screening (HPV test)
<b>Who will perform the test?</b>	Doctor, nurse practitioner, naturopath, midwife or nurse.	You can do the swab yourself, or ask a health care provider to support you.
<b>Where will the test occur?</b>	Health care clinic space (e.g. doctor's office).	Wherever you are most comfortable (e.g. at home or at a health care clinic).
<b>What to expect during the test</b>	You will be asked to undress from the waist down and given a sheet to cover you. You will lie back with your feet up and your health care provider will insert an instrument called a speculum into your vagina. The provider will collect cells from your cervix. This may be uncomfortable. The health care provider may also feel around your uterus and vaginal area for any unusual lumps. Your health care provider will send your sample to a lab and follow up with your results.	The test involves taking a small sample from your vagina with a Q-tip-like swab. Full instructions are included in your kit. Once completed, you can drop your kit at your nearest post office, post box or health care clinic. Try to drop off your kit the same day you collect your sample. Your results will be available within 4-6 weeks.
<b>What will my results mean</b>	<b>Normal result:</b> No abnormal cell changes were found on your cervix. You do not need to screen again for another 3 years, unless a health care provider tells you otherwise. <b>Abnormal result:</b> Abnormal cells have been found on your cervix that don't look normal. Follow-up will be needed, <b>but this does not mean you have cancer or pre-cancerous cells.</b> Depending on the result of your Pap test, you may need a repeat Pap test or be referred to a specialist for a colposcopy (a procedure used to look at the cervix more closely).	<b>If no HPV is found:</b> It's unlikely you have abnormal cells on your cervix. You don't need to screen again for another 5 years, unless a health care provider tells you otherwise. <b>If HPV is found:</b> This means that a high-risk HPV type was found in your sample. <b>This does not mean you have or will develop cancer.</b> It does mean more visits with a health care provider are needed. Depending on the result of your HPV test, you may need a Pap test or colposcopy.
<b>How often do I need to test?</b>	Every 3 years for most people.	Every 5 years for most people. Cervix self-screening for HPV every 5 years is as safe as Pap testing every 3 years.

# Cervical diagnostics tests

Depending on the results of the HPV or Pap test, more testing may be needed. Remember that a call for more testing **does not necessarily mean that they have cancer**.

## Follow-up testing may include:

- > **A follow-up Pap test:** within six months to monitor for mild cell changes. After the Pap test, more testing may be needed depending on the results.
- > **A colposcopy:** an examination like a Pap test where a health care provider uses a magnifying instrument to look closely at the cervix. Vinegar or iodine is applied to the cervix to see any unusual spots better. The health care provider may also remove a small piece of tissue from the cervix and send it to a lab for analysis. The individual may feel discomfort or cramping.



# Cervical diagnostics tests



## After your cervix self-screening or Pap test, more testing may be needed depending on your results.

A colposcopy is like a Pap test but uses a magnifying instrument for a health care provider to look closely at your cervix. The health care provider may remove a small piece of your cervix tissue for further analysis in a lab.

A colposcopy usually takes place in a hospital or health care clinic. This test takes about 5 to 10 minutes, and does not require a hospital stay.

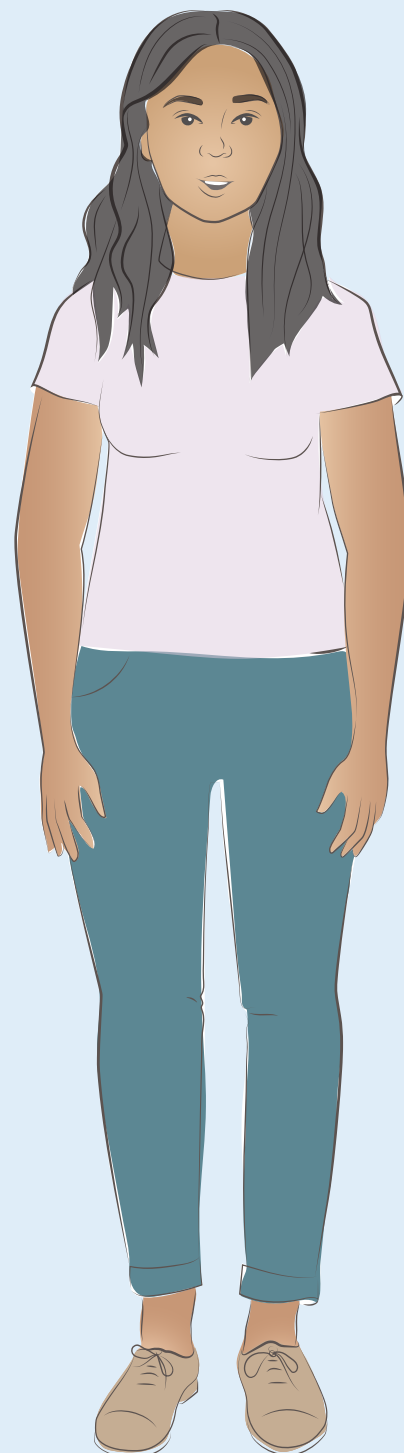
You may feel some anxiety or uncertainty about the procedure, which is entirely normal. The colposcopy itself may be uncomfortable. If a sample is taken during the procedure, most patients feel a slight pinch. Remember, you have the right to request an advocate and/or to have a phone visit beforehand to have everything explained to you. This ensures you have the information and support you need to feel comfortable and informed throughout the process.

If you have any questions about the next steps or your results, please speak with a health provider or visit [screeningbc.ca/cervix](https://screeningbc.ca/cervix).

# Be cervix aware – Signs of cervical cancer

If the individual notices any unusual changes in the vaginal area, contact a health care provider as soon as possible. Signs of cervical cancer to look for include:

- > Unusual vaginal bleeding (such as bleeding between periods or after sex);
- > Unusual or persistent vaginal discharge (this can be white/yellow liquid from your vagina); or
- > Pelvic pain, or pain during sexual intercourse.



Refer to  
[screeningbc.ca/cervix](https://screeningbc.ca/cervix)  
for more information.

**Pelvic  
pain**

**Vaginal  
discharge**

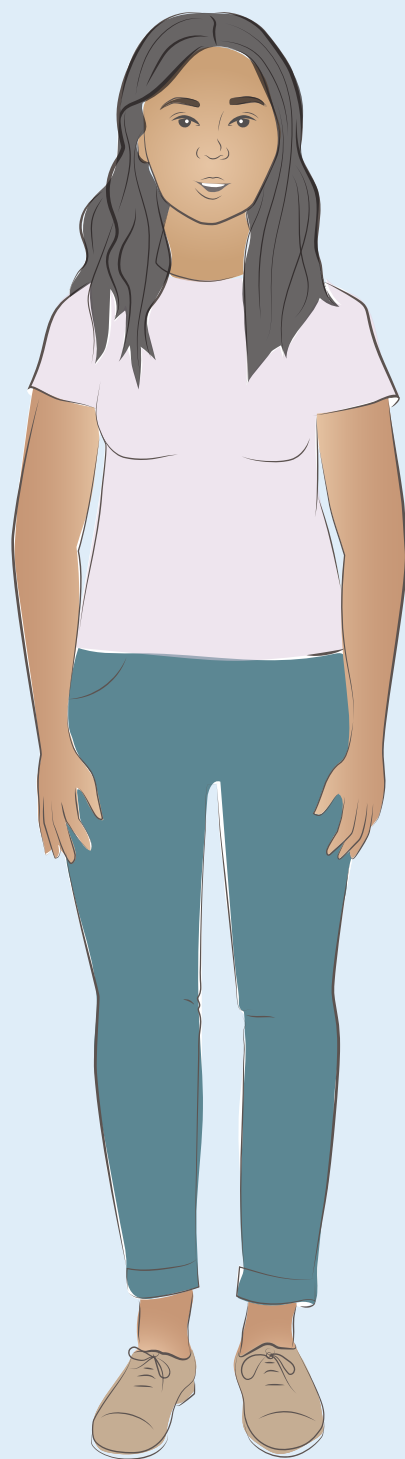
**Vaginal  
bleeding**

# Be cervix aware – Signs of cervical cancer

Talk to your health care provider as soon as possible if you notice any of these changes:

- > Unusual vaginal bleeding (such as bleeding between periods or after sex)
- > Unusual or persistent vaginal discharge
- > Pelvic pain, or pain during sexual intercourse

It's important to look into these symptoms to protect your cervix health – even if your screening results are normal.



Refer to  
[screeningbc.ca/cervix](https://screeningbc.ca/cervix)  
for more information.

**Pelvic  
pain**

**Vaginal  
bleeding**

**Vaginal  
discharge**

**COLON  
CANCER  
SCREENING**



# Colon screening

The colon is also known as the large intestine or bowel. It is the lower part of your digestive system where your body absorbs water and nutrients from broken down food and moves waste out of your body as stool.

Colon screening helps to catch cancer at its early stages. Early detection is key when it comes to colon cancer and can lead to more successful treatments. When colon cancer is found at its earliest form, there is a 90 percent chance of recovery and survival.

**First Nations men and women in BC have higher rates of colon cancer than the other residents, making it very important to screen for colon cancer.**

**Colon screening is recommended every two years for people between the ages of 50 and 74.**

Colon cancer screening can be done using a fecal immunochemical test (FIT), which involves collecting a sample of your stool to be looked at under a microscope for signs of blood.

For people with a significant family history of colon cancer or with a personal history of colon growths (polyps), a different screening test called a colonoscopy is recommended every three to five years, depending on each person's situation.

A referral from a doctor or nurse practitioner is needed for both types of screening.



# Colon screening



Colon cancer screening is recommended for people between the ages of 50 and 74.

Colon cancer screening for most people is called a fecal immunochemical test (FIT) and should be done every two years.

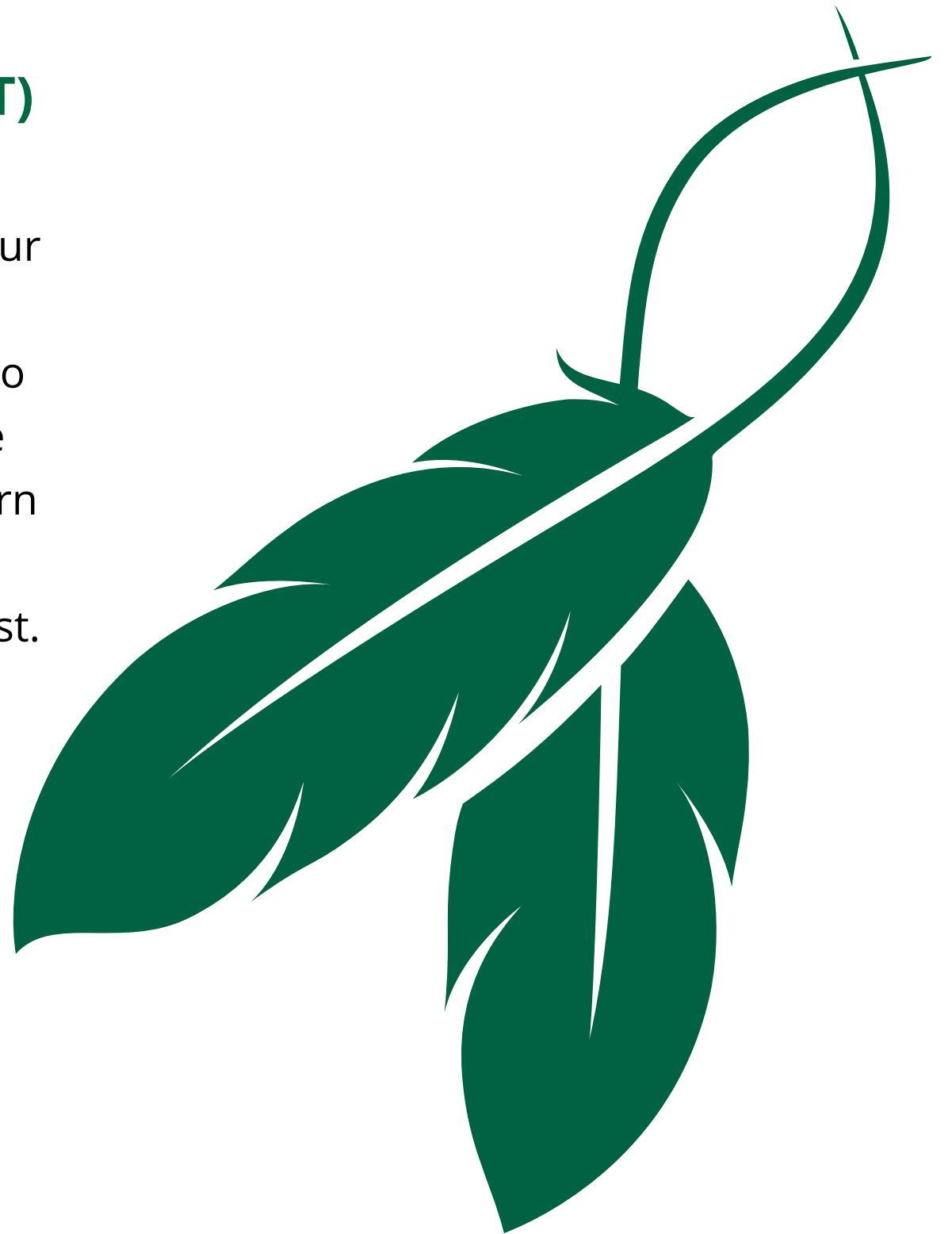
For people with a significant family history of colon cancer or with a personal history of growths (polyps), a different screening test called a colonoscopy is recommended every three to five years.

Honour yourself, your family, your community and your ancestors – make colon screening a part of your wellness, for you and the ones you love.

# What to expect

## **Fecal Immunochemical Test (FIT)**

You can do a FIT wherever you feel most comfortable, including in the privacy of your home. Your health care provider will give you a FIT kit lab requisition form to bring to a lab near you. You can bring the kit home to collect your stool sample and then return it to the lab. There are no special food or medication changes needed before the test. FIT kits need to be returned to the lab in person, not by mail.



# What to expect

## Fecal Immunochemical Test (FIT) Kit:

Your health care provider will give you a FIT kit request form to bring to a lab near you. You can bring the kit home to collect your stool (poop) sample and then return it to the lab.

**1. Check**

Date of birth: 15/NOV/1963  
John Smith

✔ Your Date of Birth ✔ Your Name

**2. Prepare**

**3. Poop**

**4. Collect**

Snap closed

**5. Drop off**

Store completed sample in refrigerator, but not the freezer, until the sample is returned to the lab (within 7 days).

Do not allow sample to freeze or become too hot.

BEST WITHIN  
**2**  
DAYS

RETURN TO  
**lab**

# What to expect

## Colonoscopy

This screening is done at a hospital. The entire visit takes between two and three hours, and the procedure itself will take 20-45 minutes. You will be given instructions about what you can eat and drink before the test. You will also be given a prescription for a laxative that you will need to pick up from a pharmacy several days before the colonoscopy. You will take the laxative to clear the stool out of your body so that your colon is easy to see.

On the day of the screening, you will be asked to put on a hospital gown. You will be given medication through a vein to make you sleepy and help you feel

comfortable during the procedure. You will be asked to lie down and a doctor will put a tube with a small camera into your anus and up into your colon to see inside. Tissue samples or growths in your colon may be removed and looked at under a microscope. The colonoscopy can make you feel gassy or cause cramping. You will need someone to bring you home after as you may be sleepy.

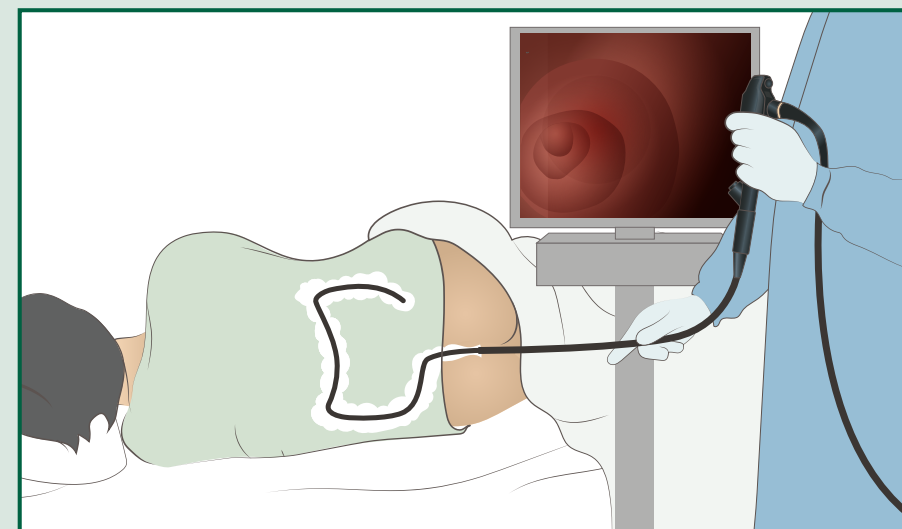
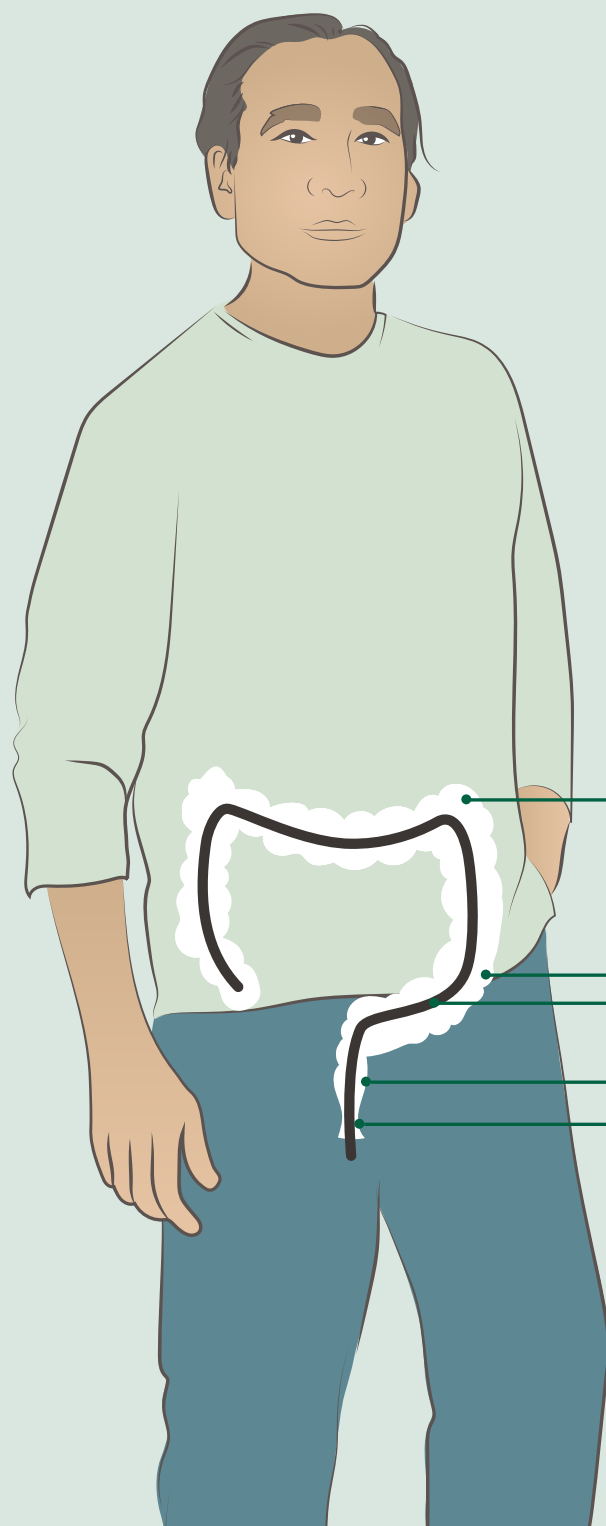
Seeing a trusted health care provider, bringing a friend or requesting that there be a witness in the room are all ways to be supported. Please refer to the “Preparing for screening” section of this flipbook for more ideas.

# What to expect

## Colonoscopy:

This screening is done at a hospital and is a two to three hour visit, with the procedure itself taking 20-45 minutes.

A doctor will put a tube with a small camera into your anus and up into your colon to see inside. Tissue samples or growths in your colon may be removed to be looked at with a microscope.



**Colon**

**Colonoscope**

**Rectum**

**Anus**

# Colon diagnostics tests

## Follow-up testing can include:

- > **Barium enema colon X-ray:** A special liquid is put into your colon through a tube and then X-rays are taken
- > **Biopsy of colon or rectal tissue:** A doctor removes a small portion of the colon or rectum to examine it under a microscope
- > **CT scan of abdomen:** A CT scanner, a large tunnel-like imaging machine, takes a picture of your abdomen
- > **Ultrasound of abdomen:** A health care provider will take a picture of your abdomen using a wand-like camera held against your stomach area

After colon screening, more testing may be needed depending on your results. It is important to note that more testing does not necessarily mean you have cancer.

# Colon diagnostics tests



After colon screening, more testing may be needed depending on your results.

## Follow-up testing can include:

- > Barium enema colon X-ray
- > Biopsy of colon or rectal tissue
- > Colonoscopy
- > CT scan of abdomen
- > Ultrasound of abdomen

# Be colon aware – Signs of colon cancer

If you notice any unusual changes in your digestive system, contact your health care provider as soon as possible.

Many of the signs of colorectal cancer can also be caused by other conditions.

## Signs of colorectal cancer to look for include:

- > A change in bowel habits (constipation, diarrhea, blockage)
- > Blood in stool (poop)
- > Pain in abdomen
- > Anemia (low iron levels)
- > Nausea or vomiting
- > Unexplained weight loss or weakness

Change in bowel habits (constipation, diarrhea)

Blood in stool (or poop)

Pain in abdomen

Anemia (low iron in your blood)

Nausea or vomiting

Unexplained weight loss



# Be colon aware - Signs of colon cancer

**Talk to your health care provider as soon as possible if you notice any of these changes:**

- > A change in bowel habits (constipation, diarrhea, blockage)
- > Blood in stool (poop)
- > Pain in abdomen
- > Anemia (low iron levels)
- > Nausea or vomiting
- > Unexplained weight loss or weakness

**Change in bowel habits (constipation, diarrhea)**

**Blood in stool (or poop)**

**Pain in abdomen**

**Anemia (low iron in your blood)**

**Nausea or vomiting**

**Unexplained weight loss**

# LUNG CANCER SCREENING



# Lung screening

**Your lungs are a pair of spongy organs in your chest that bring air and oxygen into your body.**

Lung screening may help to identify cancer early. Early detection is key when it comes to lung cancer and can lead to more successful treatments. Early detection of lung cancer can increase the chances of survival by 20 per cent. Lung cancer symptoms usually do not appear until the cancer has grown and spread, so being screened to catch things early on is important.

Lung cancer is the leading cause of cancer deaths in BC. Cancer data shows that lung cancer diagnoses among First Nations people in BC have increased in recent years.

Lung screening is recommended for people who are 55 to 74 years of age and who have a smoking history of 20 years or more.

To contact the Lung Screening Program, call 1-877-717-5864. You will be asked a series of questions about your age, overall health and smoking habits. If you have an increased risk of lung cancer, you may be encouraged to have low-dose x-rays taken of your lungs.

**Reducing or quitting smoking is an important way to take care of your lungs. There are resources to help you on this journey.**

Please refer to the resources section of this document for more information and materials to help you reduce or quit smoking.



# Lung screening



Lung screening is available for people between the ages of 55 and 74 who have a smoking history of 20 years or more (including people who currently smoke and people who have smoked in the past).

To book a lung screening test, call BC Cancer's Lung Screening Program. They will ask you questions to see if you are eligible for screening. If you have an increased risk of lung cancer, you may be encouraged to have low-dose x-rays taken of your lungs.

Reducing or quitting smoking is an important way to take care of your lungs. There are resources to help you on this journey.

Honour yourself, your family, your community and your ancestors – make lung screening a part of your wellness.

# What to expect

When you call the Lung Screening Program, you will speak with a Program Navigator for five to ten minutes over the phone. They will ask you questions about your smoking and health history. These questions will assess your overall health and chances of getting lung cancer. You do not need to answer any question(s) you are uncomfortable with. If you smoke and are interested in quitting, you will receive information to help you quit commercial tobacco use.

**If you are considered to have a greater chance of getting lung cancer, the next step will be to get an appointment for a lung scan through a referral. The scan will be at a hospital.** During your scan, you will lie on a table and a doughnut-

shaped scanner will take pictures of your lungs. The scan takes less than 10 seconds and is not painful. You will rest your arms above your head and hold your breath for a few seconds while the scan is happening. You can wear your own clothes during the scan, but you must remove metal objects, such as a belt or a bra with underwire. Loose-fitting clothing is recommended.

Seeing a trusted health care provider, bringing a friend or requesting that there be a witness in the room are all ways to be supported.

Please refer to the “Preparing for screening” section of this flipbook for more ideas.

# What to expect

When you call the Lung Screening Program, you will speak with a Program Navigator for five to 10 minutes over the phone. They will ask you questions about your overall health and your smoking history.

The scan will be at a hospital. During your scan, you will lie on a table and a doughnut-shaped scanner will take pictures of your lungs. The scan takes less than 10 seconds and is not painful. You will rest your arms above your head and hold your breath for a few seconds while the scan is happening.



# Lung diagnostics tests

After your lung scan, more testing may be needed depending on your results. Keep in mind that more testing does not necessarily mean you have cancer.

## Follow-up testing can include:

- > A follow-up CT scan of your lungs
- > A lung biopsy (where a small sample of lung tissue is removed so that it can be looked at more closely under a microscope)

A lung biopsy usually takes place at a hospital. Lung biopsies can be done in different ways: with a needle, under a CT scanner or with a small scope and with local freezing to your throat.

You may feel some soreness or discomfort after the procedure and may need to take it easy for a day or two. Your health care provider will contact you with the results.



# Lung diagnostics tests

After your lung scan, more testing may be needed depending on your results. This testing may include a follow up CT scan or lung biopsy.

Lung biopsies can be done in different ways: with a needle, under a CT scanner or with a small scope and with local freezing to your throat.





# Be lung aware - Signs of lung cancer

If you notice any unusual changes to your lungs or breathing, contact your health care provider as soon as possible. Signs to look for include:

**Coughing that  
does not go away  
or gets worse**

**Shortness  
of breath**

**Chest pain that  
is always felt and  
gets worse with  
deep breathing  
or coughing**

**Coughing up blood  
or rust-coloured spit**



# Be lung aware - Signs of lung cancer

Talk to your health care provider as soon as possible if you notice any of these changes:

**Coughing that  
does not go away  
or gets worse**

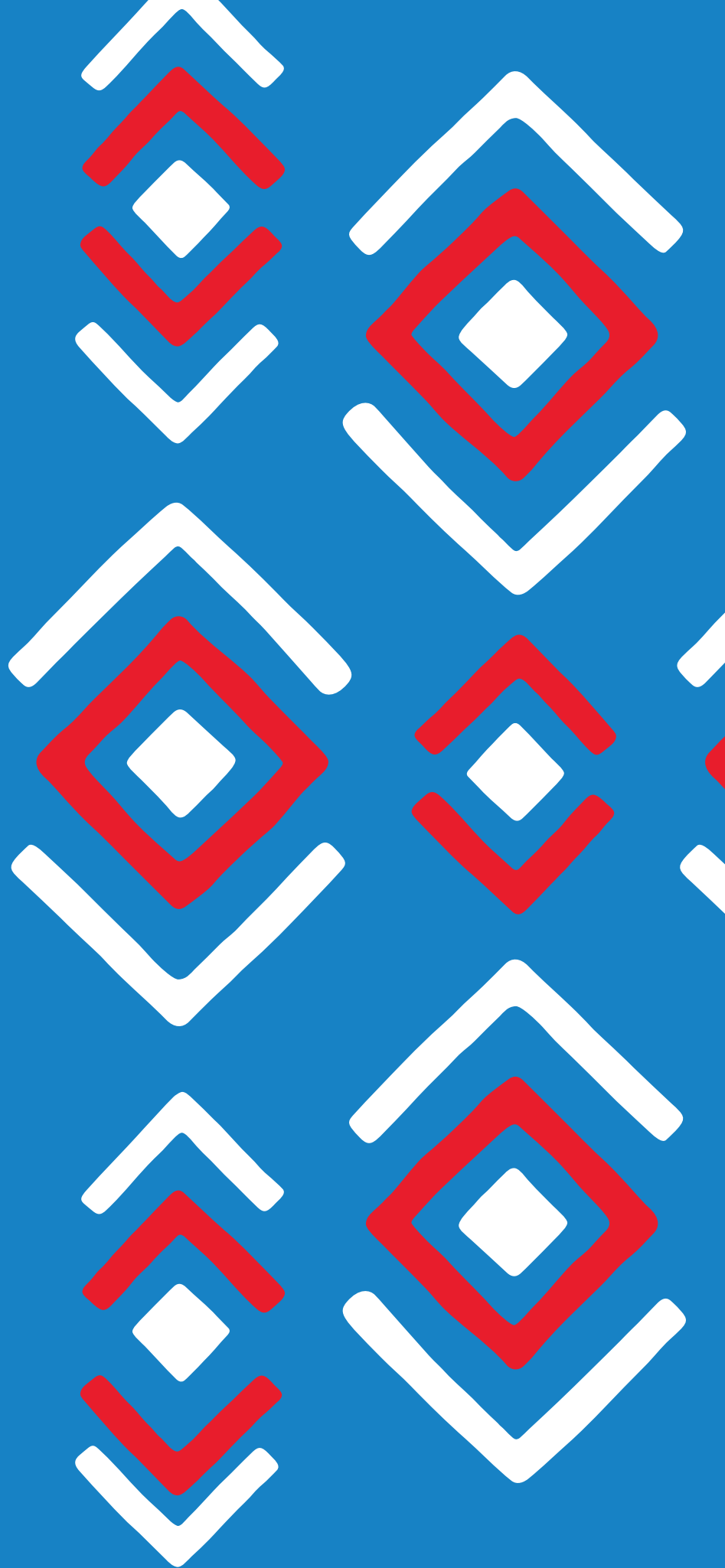
**Shortness  
of breath**

**Chest pain that  
is always felt and  
gets worse with  
deep breathing  
or coughing**

**Coughing up blood  
or rust-coloured spit**



# TREATMENT & RESOURCES



# Cancer treatment

**If you are diagnosed with cancer, the next step is learning about your treatment options.**

**There are three main ways to treat cancer.**

## **Surgery:**

The physical cutting out and removal of cancer from the body, possibly including the removal of nearby tissue and glands.

## **Cancer drugs (chemotherapy):**

The use of powerful drugs to kill unusual cancer cells in your body. Chemotherapy drugs can be given by pills, shots, creams, medicine through your veins or directly on your tumour.

## **Radiation:**

The use of high-intensity energy waves to kill unusual cancer cells and shrink tumours in your body. Radiation is applied directly on the cancer through a beam from a machine.

Cancer treatment options depend on factors like the type, size, stage and spread of the cancer.

Your cancer care providers will share information about the treatment options that are available to you. They are there to answer your questions and support your decisions.

**Treatment may involve travelling to a special cancer centre or other locations for care. Ask about travel and accommodation services and supports that might be available to you if you need to travel for cancer care and follow-up.**

# Cancer treatment

## There are three main ways to treat cancer:

- > Surgery
- > Cancer drugs (chemotherapy)
- > Radiation

Cancer treatment options depend on factors like the type, size, stage and spread of the cancer.



# Other types of supports

Many holistic health supports and providers can help you through your cancer treatment journey. Cancer treatment can have physical, mental, emotional and spiritual impacts.

Talk to your cancer care providers if you wish to have cultural supports, traditional medicine or other complementary treatment as part of your care plan. It is important that your care team members are working together and aware of what you need to heal and recover. Be sure to ask if there are any potential interactions between medicines.

**Consider connecting with the supports that feel right for you in healing, such as:**

- > Elders
- > Cultural leads
- > Traditional medicine practitioners
- > Yoga and meditation practitioners
- > Dietitians
- > Massage therapists
- > Clinical counsellors
- > Acupuncturists
- > Physiotherapists
- > Naturopaths
- > Homeopaths
- > Chinese medicine practitioners

# Other types of supports



Talk to your cancer care providers if you would like to include [cultural supports](#), [traditional medicine](#) or [other complementary treatment](#) as part of your care plan.

It is important that your care team members are working together and aware of what you need to heal and recover.



# Resources

## Telephone support:

1-855-344-3800

First Nations Virtual Doctor of the Day Program

1-844-935-1044 or [quality@fnha.ca](mailto:quality@fnha.ca)

FNHA's Quality Care & Safety Office

1-855-550-5454

FNHA's Health Benefits Program

1-800-663-9203

Mammography appointment booking with BC Cancer

1-800-739-7367

Options for Sexual Health to find a clinic offering Pap tests

1-877-70-COLON

To find a lab to get a FIT kit

1-877-717-5864

Lung Screening Program

1-888-590-3123

Tsow-Tun Le Lum Cultural Supports

1-800-721-0066

Indian Residential School Survivors Society Cultural Supports

1-800-588-8717

KUU-US 24/7 Indigenous Support Line

310-6789 (No area code)

24/7 Mental Health Support Line

8-1-1

Registered nurse or dietitian with HealthLink BC

## Online resources:



[FNHA.ca/Cancer](https://fnha.ca/Cancer)



[www.bccancer.bc.ca/screening](https://www.bccancer.bc.ca/screening)



[www.bccancer.bc.ca/our-services/services/indigenous-cancer-controlsmokershelpline.ca/talktobacco/about](https://www.bccancer.bc.ca/our-services/services/indigenous-cancer-controlsmokershelpline.ca/talktobacco/about)

## Travel and accommodation contacts:



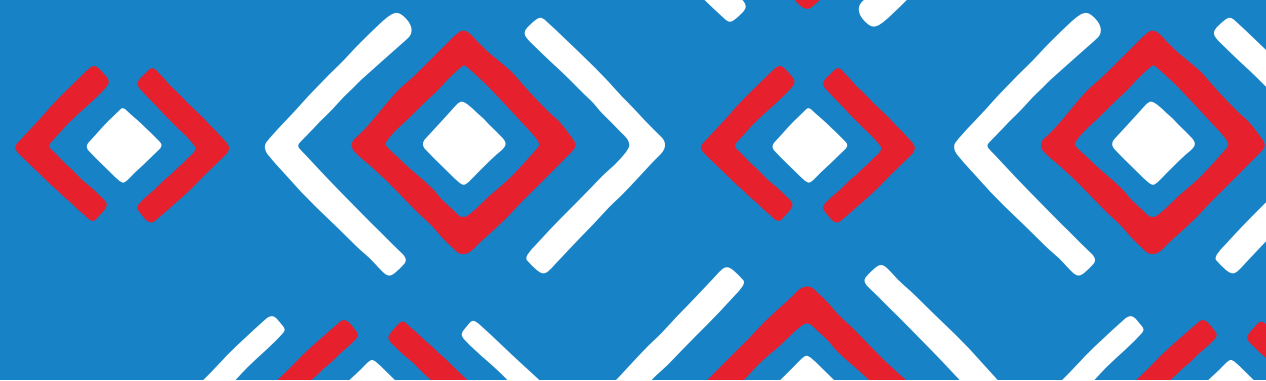
[Travel Assistance Program \(TAP\), Health Connections and more: Travel and accommodation assistance - Province of British Columbia \(gov.bc.ca\)](https://www.gov.bc.ca/health/connections/)



[1-855-550-5454: FNHA's Health Benefits Program: www.fnha.ca/benefits/medical-transportation](https://www.fnha.ca/benefits/medical-transportation)



# Resources



## Health resources:



Wellness daily organizer:  
[www.fnha.ca/WellnessSite/WellnessDocuments/Wellness\\_Diary.pdf](http://www.fnha.ca/WellnessSite/WellnessDocuments/Wellness_Diary.pdf)



Advance care planning resources:  
[www.fnha.ca/what-we-do/healthy-living/advance-care-planning](http://www.fnha.ca/what-we-do/healthy-living/advance-care-planning)



Canning guide:  
[www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Canning-Foods-Your-Guide-To-Successful-Canning.pdf](http://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-Canning-Foods-Your-Guide-To-Successful-Canning.pdf)



Culturally relevant quit tips:  
[www.fnha.ca/Documents/FNHA-Are-You-Trying-To-Stop-Smoking-Or-Vaping.pdf](http://www.fnha.ca/Documents/FNHA-Are-You-Trying-To-Stop-Smoking-Or-Vaping.pdf)



Traditional food fact sheets:  
[www.fnha.ca/WellnessSite/WellnessDocuments/Traditional\\_Food\\_Facts\\_Sheets.pdf](http://www.fnha.ca/WellnessSite/WellnessDocuments/Traditional_Food_Facts_Sheets.pdf)



Cancer 101 toolkit for First Nations, Métis and Inuit People:  
[www.cancercareontario.ca/en/cancer-101-toolkit](http://www.cancercareontario.ca/en/cancer-101-toolkit)



Mental health and wellness supports for Indigenous People:  
[www.fnha.ca/Documents/FNHA-mental-health-and-wellness-supports-for-indigenous-people.pdf](http://www.fnha.ca/Documents/FNHA-mental-health-and-wellness-supports-for-indigenous-people.pdf)



Cancer screening resources for First Nations, Métis and Inuit People:  
[www.cancercareontario.ca/en/get-checked-cancer/indigenous-cancer-screening-resources](http://www.cancercareontario.ca/en/get-checked-cancer/indigenous-cancer-screening-resources)

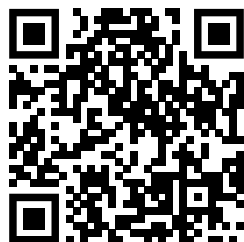


Human Papillomavirus (HPV) Vaccines  
[www.healthlinkbc.ca/healthlinkbc-files/human-papillomavirus-hpv-vaccines](http://www.healthlinkbc.ca/healthlinkbc-files/human-papillomavirus-hpv-vaccines)



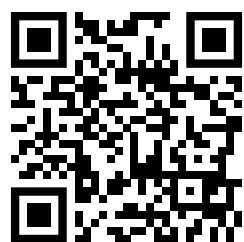
Options for Sexual Health:  
[www.optionsforsexualhealth.org/care/clinic-finder](http://www.optionsforsexualhealth.org/care/clinic-finder)

# Resources



Learn more about cancer screening at:

[FNHA.ca/Cancer](https://fnha.ca/Cancer)



BC Cancer Screening Services:

[www.bccancer.bc.ca/screening](https://www.bccancer.bc.ca/screening)

**1-855-344-3800**

To talk to a physician with the First Nations Virtual Doctor of the Day program

**8-1-1**

To talk with a registered nurse with HealthLink BC

**1-844-935-1044** or [quality@fnha.ca](mailto:quality@fnha.ca)

to talk to the FNHA's Quality Care & Safety Office

[FNHA.ca/Cancer](https://fnha.ca/Cancer)



First Nations Health Authority  
Health through wellness

**BC  
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Provincial Health Services Authority