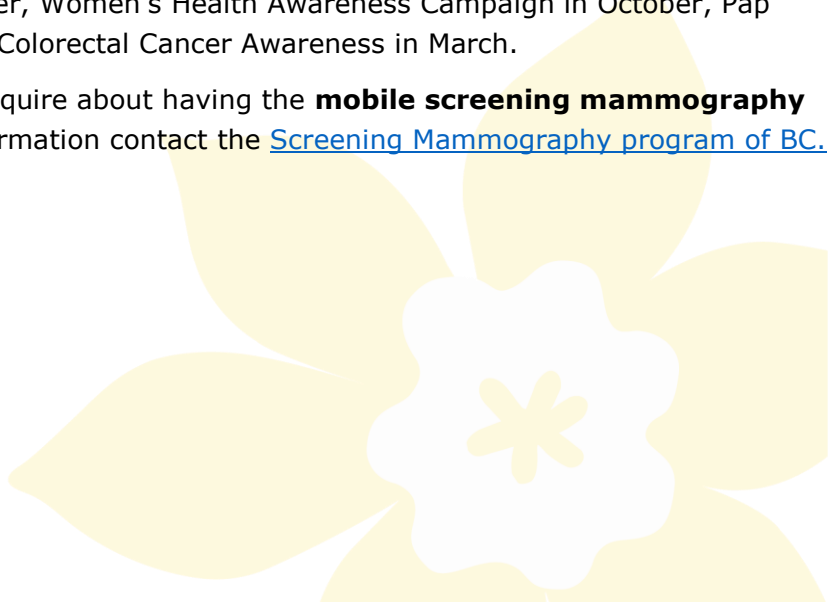




Supporting Early Detection and Screening in the Workplace

You can provide a supportive environment to enable your employees to participate in appropriate screenings and learn more about early detection and screening of cancer and other chronic diseases in the workplace.

- **Offer flexible work hours to accommodate medical appointments** for screening and medical exams.
- **Include cancer screening and prevention education at your staff meetings.** For example, play the Jeopardy game or show the Canadian Cancer Society's YouTube videos. The videos are a fun way to share information with a male audience:
 - > [How well do you know your equipment?](#) Testicular cancer is one of the most common cancers for young men, and one of the most treatable when caught early. The Canadian Cancer Society went to the football stadium to learn all about balls and take the embarrassment out of checking your equipment.
 - > [Netiquette – A Dude's Guide to Checking his Nuts](#) Netiquette is a dude's guide to checking his nuts regularly for cancer symptoms. The health of one man's balls is everyone's business. Practice proper netiquette and spread the word!
 - > [What is a prostate?](#) Most men don't know what their prostate gland is for. The Canadian Cancer Society hit the streets to give them a hint.
 - > [Colonversation](#) A video about colon cancer prevention.
- **Encourage your staff to participate in theme months.** For example, Men's Health Awareness Campaign in September, Women's Health Awareness Campaign in October, Pap Awareness Week in October, and Colorectal Cancer Awareness in March.
- If your worksite is a larger site, inquire about having the **mobile screening mammography clinic** come to you. For more information contact the [Screening Mammography program of BC.](#)





Additional Resources

[Canadian Cancer Society's My One Thing website](#): men's and women's health information

[BCCA Screening Mammography Program](#): offers free screening mammography to all BC women ages 40–79.

[Breast Cancer Prevention and Risk Assessment Clinic](#) - the Breast Cancer Prevention & Risk Assessment Clinic provides resources and support to help reduce women's risk of developing breast cancer.

[The Society of Obstetricians and Gynaecologists of Canada \(SOGC\)](#): provides information on the Human Papillomavirus (HPV).

[Cancer View Canada Colonversation](#): provides information on colorectal cancer screening.

[The Canadian Diabetes Association](#) provides extensive information and resources about type 2 diabetes, and resources for people who have been diagnosed with type 2 diabetes.

[The Heart and Stroke Foundation](#) offers many free online tools and resources, including:

- [My Heart & Stroke Risk Assessment™](#) - a confidential online questionnaire to determine your risk for heart disease and stroke
- [My Health eSupport™](#) - sign up to receive regular, personalized email communications to help support you in making healthy lifestyle changes

[Hypertension Canada](#) provides more information about hypertension causes, FAQ, and treatment.

